Original Resear	Volume - 14   Issue - 03   March - 2024   PRINT ISSN No. 2249 - 555X   DOI : 10.36106/ijar
and OL Replica Consult * 42102	General Surgery A COMPARATIVE STUDY OF ONLAY AND PRE-PERITONEAL OPEN MESH REPAIR IN THE MANAGEMENT OF UMBILICAL HERNIA IN ADULTS.
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ABSTRACT Aims Aims Aims Aims Aims Aims Aims Aims	nd Objectives Of The Study The main aims and objectives of this study is to: 1. To evaluate the outcome of onlay

and pre-peritoneal open mesh repair in umbilical hernias in adults regarding operative time, ease of procedure, hospital stay, complications and recurrence if any **Methods** Patients diagnosed with umbilical hernia in surgery department at Government General Hospital (RIMS) hospital Ongole from May 2021 to April 2023 with a follow up for 10 Months. **Methodology:** After admission, patients fulfilling the inclusion & exclusion criteria were taken into study after obtaining written informed consent. 60 cases were divided into two groups for onlay and pre-peritoneal mesh repair. Intra operative study was done regarding operative time (operated by the same surgeon through the course of study), ease of procedure and operative complications. Follow up was done to note the complications. **Results** The mean operative time was 38.6 minutes in onlay group and 62.3 minutes in preperitoneal group showing statistical significance. The onlay group had 23.3% and 20% of seroma formation and wound infection The study found that onlay repair had more complication rates like seroma and wound infection compared to pre-peritoneal mesh repair. Even though time taken for onlay repair was less, increased complications limit its use.

KEYWORDS : Mesh Repair; Onlay; Pre-peritoneal; Seroma; Wound Infection

# INTRODUCTION

Hernia is derived from the Latin word for rupture. A hernia is defined as an abnormal protrusion of an organ or tissue through a defect in its surrounding walls. These defects are seen most commonly in the abdominal wall due to man's erect posture. Umbilical hernias occurs commonly in infants. They close spontaneously by 2 years of age. Those that do not close even after 5 years of age are repaired surgically.1 Umbilical hernias in adults are commonly acquired hernias. These are more common in women, and in people with causes of increased intra-abdominal pressure such as pregnancy, ascites, obesity etc. Umbilical hernia is more common in those who have only a single midline aponeurotic decussation compared with the normal decussation of fibers from all three lateral abdominal muscles.1 Small umbilical hernias commonly contain extra-peritoneal fat or omentum. Larger umbilical hernias may contain small or large bowel. The neck of the sac is often very narrow hence they are prone to become irreducible, obstructed and strangulated.<sup>2</sup> Commonly the patients are overweight with a predisposing risk factor and present with swelling in the umbilicus. They may complain of pain due to tissue tension or symptoms of intermittent bowel obstruction. The overlying skin may become thinned, stretched and develop dermatitis.<sup>2</sup> 2 Diagnosis is through clinical examination. Ultrasound scan can reveal details about the defect size, content of sac etc. Initially, the repair of umbilical hernias was done with primary closure. Repair of the defect with mesh has substantially improved long term outcomes and is now accepted as the standard of care. However, there is a great debate on the plane of mesh placement. Various studies have reported a range of complications like seromas, infections, mesh erosions etc. based on the plane of mesh placement.3 Fig 1: Umbilical hernia (credits: google images



# MATERIALSAND METHODS

#### Source Of Data

Patients diagnosed with umbilical hernia in surgery department at Government General Hospital (RIMS) hospital Ongole from May 2021 to April 2023 with a follow up for 10 months.

METHODS OF COLLECTION OF DATA Study design:

A prospective, comparative study Study period: May 2021 to April 2023

#### Place of study:

Patients admitted in surgery department with umbilical Government General hospital (RIMS), Ongole

# METHODOLOGY

After admission, patients fulfilling the inclusion & exclusion criteria were taken into study after obtaining written informed consent and the data to be collected regarding clinical history, examination, diagnosis, investigations, details of previous operative procedure. Cases were divided into two groups randomly for onlay and pre-peritoneal mesh repair. Intra operative study was done regarding operative time (operated by the same surgeon through the course of the study), ease of procedure and intra-operative complications. Post operative follow up was done to note the complications and recurrence for a period of 10 months. Success of the procedure was studied in terms of symptomatic relief for the patient, reduced hospital stay after procedure, low incidence of complications like seroma, wound infection and mesh infection and reduced rate of recurrence of hernia.

#### Statistical Analysis:

All the data is tabulated, graphs made and statistical analysis in the form of descriptive analysis (bar chart, pie diagram, t-test, ANOVA and Chi square test) is done.

#### **Investigations Needed:**

- 1) Haematological: Haemoglobin, Total leucocyte count, Differential count.
- 2) Renal Parameters : Blood urea , Serum creatinine; Liver function tests
- 3) Blood sugars.
- 4) Ultrasonography of abdomen, Chest X-ray.

# 5) ECG

# Inclusion Criteria:

- 1. Patients 18 years and above
- 2. Patients presenting with umbilical hernia.

## **Exclusion Criteria:**

#### 1. Patients less than 18 years

- 2. Divarication of recti
- 3. Patients medically not fit for surgery due to various co-morbidities
- 4. Recurrent hernias
- 5. Patients not giving consent for the study.

#### Sample Size

#### Sample size calculation

60 (30 per group) patients are required to have a 90% chance of detecting, as significant at the 5% level of significance, an increase in the ease of procedure from 20.1% in the Pre-peritoneal groups to 58.2% in the onlay group.<sup>51</sup>

Calculation based on the formula:

 $n=f(\alpha/2,\beta)\times[p1\times(100-p1)+p2\times(100-p2)]/(p2-p1)2$  where p1 and p2 are the percent 'success' in the control

Type of study Cross-Sectional comparative study

#### Statistical analysis

All characteristics were summarized descriptively. For continuous variables, the summary statistics of mean± standard deviation (SD) were used. For categorical data, the number and percentage were used in the data summaries and diagrammatic presentation. Chi-square ( $\chi 2$ ) test was used for association between two categorical variables.

The formula for the chi-square statistic used in the chi square test is:

$$\chi_i^3 = \sum \frac{(O_i - E_i)^2}{E_i}$$

The subscript "c" are the degrees of freedom. "O" is observed value and E is expected value. C= (number of rows-1)\* (number of columns-1)

In cases of more than 30% cell frequency <5, Freeman – Halton Fisher exact test was employed to determine the significance of differences between groups for categorical data.

The difference of the means of analysis variables between two independent groups was tested by unpaired t test. The t statistic to test whether the means are different can be calculated as follows:

$$\mathbf{t} = \frac{(\mathbf{x}_1 - \mathbf{x}_2) - (\mu_1 - \mu_2)}{\sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2}}}$$
  
where  $\overline{x}_1$  = mean of sample 1  
 $\overline{x}_2$  = mean of sample 2  
 $n_1$  = number of subjects in sample 1  
 $n_2$  = number of subjects in sample 2  
 $s_1^2$  = variance of sample 1 =  $\frac{\Sigma(\mathbf{x}_1 - \overline{\mathbf{x}}_1)^2}{n_1}$   
 $s_2^2$  = variance of sample 2 =  $\frac{\Sigma(\mathbf{x}_2 - \overline{\mathbf{x}}_2)^2}{n_2}$ 

If the p-value was < 0.05, then the results were considered to be statistically significant otherwise it was considered as not statistically significant. Data were analyzed using SPSS software v.23.0. and Microsoft office 2007

#### RESULTS 1. Age Distribution

#### Table 2: Distribution Of Age Between Study Groups

		TYPE OF MESH REPAIR					
AGE(yrs)	in and	Onlay	Pre	Pre-peritoneal			
	N	%	N	%	1.000		
<20	1	3.3%	0	0.0%			
21-30	3	10.0%	4	13.3%	1		
31-40	9	30.0%	13	43.3%	1		
41-50	13	43.3%	8	26.7%	0.660		
51-60	2	6.7%	2	6.7%			
>60	2	6.7%	3	10.0%	1		
Total	30	100.0%	30	100.0%			

Volume - 14 | Issue - 03 | March - 2024 | PRINT ISSN No. 2249 - 555X | DOI : 10.36106/ijar The comparison between the respective age groups in onlay and preperitoneal group shows p value of 0.660 which is not statistically

significant.



#### Distribution Of Age Between Study Groups.

## Distribution Of Mean Age Between Study Groups

Concernance of the	T				
PARAMETERS	Onl	ay	Pre-per	p value	
	Mean	SD	Mean	SD	- Contraction
MEAN AGE	41.50	9.98	42.17	13.18	0.826

The mean age of patients in the onlay group is 41.50 years and the mean age of patients in the pre-peritoneal group is 42.17 showing p value of 0.826 found to be not statistically significant

The most number of patients are in the 31-40 years group forming 33% of the total. 41-50 years age group constitutes 31% of the total number. 51-60 years age group makes up 12%, 21-30 years 10%, >60 years 8% and <20 years 6% of the total.

#### Sex Distribution Table No 3 Distribution Of Sex Between Study Groups

		TYPE OF MESH REPAIR					
SEX		Onlay	Pre	p value			
	N	%	N	%			
Male	11	36.7%	9	30.0%			
Female	19	63.3%	21	70.0%	0.584		
Total	30	100.0%	30	100.0%			

In the onlay group, 36.7% were males and 63.3% were females. In the pre-peritoneal group, 30.0% were males and 70.0% were females. The p value in distribution of the male and female population between the two groups was 0.584 which is not statistically significant

In the study, 20 of the patients were male making 33% of the study population; 40 of the patients were female making up 67% of the study population.

### Chief Complaints Distribution Of Chief Complaints Between Study Groups

1					
CHIEF COMPLAINTS		Onlay	Pre	p value	
	N	%	N	%	1
Swelling over umbilicus	25	83.3%	23	76.7%	
Swelling over umbilicus, pain Swelling over umbilicus,	4	13.3%	5	16.7%	0.768
pain, & vomiting	1	3.3%	2	6.7%	
Total	30	100.0%	30	100.0%	1

Swelling over the umbilicus, pain and vomiting constituted the main complaints of the patient. In the onlay group, 83.3% complaint of swelling over the umbilicus, 13.3% complaint of swelling over umbilicus and pain, 3.3% complaint of swelling over umbilicus, pain and vomiting. In the pre-peritoneal group, 76.7% complaint of swelling over umbilicus, 16.7% complaint of swelling over umbilicus and pain, 6.7% complaint of swelling over umbilicus, pain and vomiting. The comparison among the symptoms between the two groups showed p value of 0.768 which is not statistically significant

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Chief complaints of the entire study group is depicted above. 75% or 48 patients complaint of swelling over the umbilicus only, 14% or 9 of the patients complaint of swelling and pain in the swelling and 11% or 3 patients complaint of swelling, pain and occasional vomiting.

	TYPE OF MESH REPAIR					
CO-MORIDITIES	-	Onlay	Pre	Pre-peritoneal		
	N	%	N	%		
Hypertension	1	3.3%	4	13.3%		
Hypertension, obesity	0	0.0%	1	3.3%		
Hypothyroidism, obesity	0	0.0%	2	6.7%		
Obesity	1	3.3%	2	6.7%	1	
Retroviral disease	0	0.0%	1	3.3%		
Type2 diabetes	4	13.3%	1	3.3%		
Type2 diabetes, Hypertension	0	0.0%	1	3.3%	0.293	
Type2 diabetes, Hypertension, Hypothyroidism	0	0.0%	T	3.3%		
Type2 diabetes, Hypertension, obesity	1	3.3%	0	0.0%	1	
Type2 diabetes, obesity	1	3.3%	1	3.3%	1	
Total	30	100.0%	30	100.0%	1	

#### Table

Co-morbidities between the onlay and pre-peritoneal group were compared and the p value was found to be 0.293 which was not statistically significant. 10 of the patients were found to be hypertensive forming 16.67% of the study group. 10 patients were diabetics forming 16.67% of the study group

8 patients had a BMI over 30 and were found to be obese forming 13.33% of the study group. 3 patients were suffering from hypothyroidism forming 5% of the study group. 1 patient had retroviral disease forming 1.67% of the study group. Many of the patients had more than 1 co-morbidity as shown in the table.

#### 5. Content Of The Hernia Sac Distribution Of Content Of The Hernia Between Study Groups

CONTENT OF THE	TYPE OF MESH REPAIR					
CONTENT OF THE		Onlay	Pre	p value		
HERMA	N	%	N	%	1	
Omentum	19	63.3%	13	43.3%		
Omentum and small bowel	5	16.7%	9	30.0%	0.279	
Small Bowel	6	20.0%	8	26.7%	1.0000000	
Total	30	100.0%	30	100.0%	-	

In the onlay group, 63.3% of the patients had omentum as content of the hernia sac, 16.7% had omentum and small bowel as content and 20.0% had small bowel as content. In the pre-peritoneal group, 43.3% of the patients had omentum as content, 30.0% had omentum and small bowel as content, 26.7% had small bowel as content. The comparison of the hernia sac contents between the two groups shows p value of 0.279 which is not statistically significant

#### 6. Defect Size

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Mean Size Of The Defect Between Study Groups

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PARAMETERS	Onl	ay	Pre-per	p value	
	Mean	SD	Mean	SD	1.000
MEAN SIZE OF THE DEFECT	2.53	0.52	2.527	0.78	0.985

The mean size of the defect in the onlay group was 2.530cm and preperitoneal group was 2.527cm. The p value was found to be 0.985 which is not clinically significant.

# Day Of Discharge

# Post Operative Day Of Discharge Between Study Groups

alion and a second	TYPE	1			
PARAMETERS	Onl	lay	Pre-peritoneal		p value
	Mean	SD	Mean	SD	
POST OPERATIVE DAY OF DISCHARGE	5.23	2.46	4.57	1.89	0.244



#### Post Operative Day Of Discharge Between Study Groups

The post-operative day of discharge for onlay group was 5.23 + 2.46 days and for pre-peritoneal group was 4.57 + 1.89 days. The p value was found to be 0.244 which is not statistically significant.

# Post Operative Complications

# Table 11: Distribution Of Post Operative Complications Between Study Groups

POST OPERATIVE	TYPE OF MESH REPAIR			p value	
COMPLICATIONS	Onlay		Pre-peritoneal		1
	Ν	%	Ν	%	1
CHRONIC PAIN	6	20.0%	3	10.0%	0.278
SEROMA FORMATION	7	23.3%	1	3.3%	0.023*
WOUND INFECTION	6	20.0%	1	3.3%	0.044*
MESH INFECTION	1	3.3%	0	0.0%	0.313
ENTEROTOMY	0	0.0%	2	6.7%	0.150
RECURRENCE	1	3.3%	0	0.0%	0.313
Total	30	100.0%	30	100.0%	

Note: \* significant at 5% level of significance (p<0.05)

The above table shows a list of the most common complications seen in umbilical hernia mesh repair.

6 patients in onlay group complaint of pain post-operatively and on long term follow up (1 year) constituting 20%. 3 patients in preperitoneal group complaint of post-operative pain and on 1 year follow up making 10%. On comparison of the two groups p value was 0.278 which is not statistically significant.

In the onlay group, 7 patients developed seroma which was 23.3%. In the pre-peritoneal group, 1 patient developed seroma which was 3.3%. The p value was 0.023% which is statistically significant.

Wound infection (surgical site infection) was found in 6 in onlay group (20%). It was found in 1 patient in pre-peritoneal group (3.3%). The p value was 0.044 (statistically significant).

Mesh infection was found in one patient of onlay group (3.3%) and none in pre-peritoneal group developed (0%). The p value was found to be 0.313 which is not statistically significant.

Enterotomy was not seen in onlay group (0.0%). It was seen in 2 patients of the pre- peritoneal group constituting 6.7%. The p value was 0.150 which was not statistically significant.

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Recurrence was found in one patient with onlay mesh repair (3.3%) and not found in pre- peritoneal repair. The p value was found to be 0.515 which is not statistically significant.



Distribution Of Post Operative Complications Between Study Groups

PHOTOGRAPHS



FIG 31: POLYPROPYLENE MESH

FIG 32: UMBILICAL HERNIA



Pre-Peritoneal Plane (peritoneum Closed)



**Pre-Peritoneal Mesh Repair** 



## **Onlay Mesh Repair**

#### DISCUSSION

Ventral hernias are commonly encountered in clinical practice. Umbilical hernias are commonly found in infants and usually close by 2 years of age. Those that do not close spontaneously even after 5 years require operative intervention. Adult umbilical hernias occur commonly in middle aged females with raised intra-abdominal pressure due to pregnancy, ascites, obesity etc.<sup>1</sup>

Small hernias less than 2.5 cm in diameter are often successfully closed with primary tissue repairs. However, larger ones have a recurrence rate of up to 30-40% when a tissue repair alone is performed.<sup>4</sup>

Repair of ventral hernias with mesh as opposed to suture has substantially improved long-term outcomes and is accepted as the standard of care.<sup>5</sup>

However, many studies demonstrate an increased risk for wound complications with mesh placements including infections, seromas and mesh erosions.<sup>6</sup>

The risks involved depends on the plane of mesh placement. While mesh repair of umbilical hernia is considered standard, there is no consensus on the best location to place the mesh.

This study compares two types of mesh repairs- onlay and preperitoneal in terms of duration of surgery, ease of procedure, postoperative complications like seroma, wound infection, mesh infection, chronic pain, enterotomy and recurrence.

# Complications

#### **Chronic Pain**

Chronic post-operative pain can be debilitating to the patient. In our study, 20% of onlay group and 10% of pre-peritoneal group complaint of pain showing p value of 0.278. Other studies also show a similar trend as seen the table.

#### Seroma

The most common complication observed was seroma. 23.3% were in onlay group and 3.3% in pre-peritoneal group with a p value of 0.023 showing statistical significance.

This was managed with drainage of the seroma if necessary and adequate antibiotic cover. Onlay technique requires significant subcutaneous dissection to place the mesh, which can lead to devitalized tissue with seroma formation or infection.

#### **Wound Infection**

Wound infection was found in 7 cases in total. Out of these 1 was in the pre-peritoneal group forming 3.3% and 6 were in onlay group forming 20%. The p value was found to be 0.044 which is statistically significant. These patients were treated with appropriate antibiotics and regular dressing. Wound infections in onlay group occurs due to extensive dissection for mesh placement causing jeopardy to skin vasculature.

### **Mesh Infection**

Mesh infection was found in one individual in onlay group (3.3%) whereas none was found in the pre-peritoneal group. The p value of 0.313 was not statistically significant.

The patient had wound infection also. Mesh was removed and anatomical repair was done.

Appropriate antibiotics and adequate control of sugars were done. Wound infection in onlay group puts the patient in danger of developing a mesh infection due to superficial placement of mesh.

## Enterotomy

Accidental bowel injury was done in 2 patients undergoing preperitoneal mesh repair (6.7%) while no bowel injuries were reported in the onlay group. The p value of 0.15 was not statistically significant. It is often difficult to create a pre-peritoneal plane, bowel adhesions to the hernia sac needs to be separated before laying the mesh. Inadvertent injuries to the bowel can happen at this time. Both enterotomies were managed with primary closure, npo status and ryle's tube aspiration until bowel peristalsis was established.

#### Recurrences

Recurrence was found in one patient in onlay group (3.3%). The patient had developed wound and mesh infection, and was a known diabetic. The pre-peritoneal group had no recurrences.

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Pre-peritoneal mesh repair is considered superior because the mesh with significant overlap placed under the muscular abdominal wall working according to Pascal's principles of hydrostatics. The intra-abdominal cavity functions as a cylinder, and the pressure distributed uniformly to all aspects of the system. Consequently, the same forces that are attempting to push the mesh through hernia defects are also holding the mesh in place against the intact abdominal wall. In this manner, the prosthetic is held firmly in place by intraabdominal pressure. The mechanical strength of the prosthetic prevents protrusion of the peritoneal cavity through the hernia because the hernia sac is indistensible against the mesh. Over time, the prosthetic is incorporated into the fascia and unites the abdominal wall, now without an area of weakness.

In contrast, onlay mesh repair is considered to be under tension and hence the possibility of recurrence is more.

	Present		
Complications	study	Other studies	
Chronic pain	20%	Biju K Varghese	Bantu Rajsiddharth
		et al8	et al10
		3.9%	20%
Onlay			
Pre-peritoneal	10%	0%	3.3%
Seroma	23.3%	Furat S Aoda et	Bantu Rajsiddharth
	3.3%	al9	et al10
		Onlay: 24%	20%
		Pre-peritoneal: 2%	10%
Onlay			
Pre-peritoneal			
		Forte et al.	Gleysteen et al.11
	20%	33.3%	12%
Wound infection	3.3%	4.3%	4%
Onlay			
Pre-peritoneal			
		Forte et al.	Furat S Aoda et al9
	3.3%	22.2%	2%
Mesh infection	0%	0.9%	0%
Onlay			
Pre-peritoneal			
-	0%		
Enterotomy	6.7%		
Onlay			
Pre-pertoneal			
		de Vries Relingh	
		et al12	Gleysteen et al.11
	3.3%	23%	20%
Recurrence	0%	0%	4%
Onlay			
Pre-peritoneal			

#### CONCLUSION

- 1. In the patients presenting with umbilical hernia it is important to recognize the associated risk factors like diabetes ,obesity, parity in order to carefully plan the type of repair either pre-peritoneal or onlay repair to prevent the complications like seroma formation, wound infection, chronic pain and the recurrence.
- 2 Seroma formation and infection are found to be more commonly associated with onlay mesh repair compared to pre-peritoneal mesh repair.
- Although time taken for surgery in onlay mesh repair is significantly less compared to pre-peritoneal mesh repair, complications associated with it limits its wider usage. Considering the burden of surgeries especially in third world countries with limited number of surgeons, it could provide valuable alternative over pre-peritoneal repair.
- Ease of the procedure in performing onlay mesh repair over pre-4. peritonealrepair gives it the points over pre-peritoneal but associated complications limits its use.
- 5. Finally to conclude "Pre-peritoneal mesh repair is superior to onlay mesh repair'

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