



COMPARATIVE STUDY OF POST OPERATIVE OUTCOME WITH REFERENCE TO PAIN IN UNILATERAL VERSUS BILATERAL OPEN INGUINAL HERNIOPLASTY BY LICHENSTIEN REPAIR

Surgery

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ABSTRACT

Inguinal Hernia Is Most Common General Surgical Problem. Males Are More Affected Than Female.almost 15 To 20% Population Develop Inguinal Hernia In Lifetime.inguinal Hernia Patients 90% Are Male And 10% Are Female. Around 80% Are Unilateral And 20% Are Bilateral Inguinal Hernia. **Aims And Objective** It Study The Early And Late Complication In Terms Of Pain In Unilateral And Bilateral Inguinal Hernioplasty In Same Sitting By Open Lichenstien Repair.to Compare Severity Of Pain,mesh Discomfort,pain At Rest And Analgesics Duration Of Treatment Post Operative. **Materials And Methods** During Period Of January 2023 To June 2023 Retrospective Study Done On 30(thirty) Patients Operated For Unilateral And Bilateral Inguinal Lichenstien Repair, At Nootan General Hospital And Medical College Visnagar. Visual Assesment Scale Was Not Used But Direct Interview Of Post Op Patients Done By Asking Them Regarding Mild,moderate And Severe category of pain severity Depends On Activity And Analgesics Requirement. **Results And Conclusion-** Bilateral Inguinal Hernioplasty In Same Sitting Gives Almost Comparable Out Come In Severity Of Pain And Mesh discomfort and time taken to return to work. **Inclusion Criteria** Inguinal Hernia Patient Unilateral And Bilateral,small Direct And Indirect Reducible Inguinal Hernia Confined To Inuinal And Upper Scrotum In Male And In Inguinal Region In Female. Male And Female Patient Seen In Opd At Nootan General Hospital **Exclusion Criteria** Patient <18 Years Age,previous Inguinal Hernia Surgery,major Cardio Respiratory disease which are unfit for surgery, Bph. Those Who Presented As Obstructed Or Strangulated Inguinal Hernia. There was No Conflict Of Interest,and proper Ethical guidelines were followed during study.

KEYWORDS

Lichenstien, Repair, Hernioplasty, Unilateral, Bilateral, Neurological Pain, Prolene Mesh. CPIP Chronic Post Op Inguinal Pain UI(Unilateral), BI(Bilateral)

INTRODUCTION

In Recent Times Inguinal Hernia Surgery Has Undergone Revolutionary Changes With Laparoscopy,which Is Quiet Useful In Unilateral And Bilateral Direct And Indirect Hernia. but in rural poor patients laparoscopic inguinal hernia surgery Is Not Affordable To Many Patients With UI And BI Hernia.

And They Insist For Open Inguinal Hernioplasty In Unilateral And Bilateral Cases.which Is Economical Easy And Cost Effective.after Proper Consent And Explanation Regarding Pros And Cons Of Open And Lap Hernia Surgery, they Insisted Open Surgery, they Were Operated For Lichenstien Hernioplasty.

Post Operative Pain In Bilateal And Unilateral Cases Were Almost Comparable To Each Other. So Poor Patient With Bilateral Inguinal Hernia Same Sitting Open Lichenstien Tension Free Repair Surgery Is Equally Effective.

MATERIALS AND METHOD

Retrospective Study Of 30 Inguinal Hernia Patient Operated At Nootan General Hospital From January 2023 To July 2023.

Male -26 Female-4

UI Inguinal Hernia – Male 13, Female 2

BI Inguinal Hernia- Male 13, female 2

Total Pantients N=30

Male 26 Female 4

SEX	UL	BL	TOTAL	MEAN AGE IN YEARS
MALE	13 50%	13 50%	26	18 TO 60 MEAN 39
FEMALE	2 50%	2 50%	4	20 TO 40 MEAN 30
TOTAL	15	15	30	OVERALL MEAN AGE 35 YEARS

All Patients Were Underwent Blood Reports And Ultrasonography Of Inguinal Region And Abdomen. all Patients Operated Under Spinal Anesthesia. patients Were Operated Under Spinal Anaesthesia.

In BI Hernia Cases Separate Inguinal incision on both sides Placed In Inguinal Area. Surgery Was Done With Proper Asceptic Precaution And Meticulously, To Avoid Damage To Ilio Inguinal Nerve, and Proper Tension Free Prolene Mesh 15*7.5 Cm Repair Done. Mesh Fixation Done With Prolene 2-0.

All Patient Kept Indoor For 2 Days Including Day Of Surgery.liquids Orally Started In Evening And On Next Day Light Diet Given. Antibiotics And Analgesics Were of same category Given To UI And BI Cases.

RESULTS

SIX MONTHS FOLLOWUP	UL MALE	UL FEMALE	BL MALE	BL FEMALE	TOTAL

POST OP PAIN IN HOSPITAL	8 61%	1 50%	9 69%	1 50%	19 63.3%
PAIN AT REST UP TO 3 MONTHS POST OP	1 7.6%	0	1 7.6%	0	2 6.6%
PAIN WHILE DOING WORK AND ACTIVITY	3 23%	1 50%	4 30%	0	8 24%
MESH DISCMFERT	2 15%	1 50%	2 15%	0	5 16.6%
PERSISTANT PAIN REQUIRING ANALGESICS AFTER 3 MONTHS	0	0	1 7.6%	0	1 3.3%

(1) Average Time Of Surgery

UI-40 Minute, BI- 70 Minute

(2) Intraoperative Bleeding Insignifacant In Both UI And BI

(3) Average Hospital Stay 2 Days

(4) Post Op Retension Of Urine- 2 Male Patients Of 58 And 60 Years Age.

(5) Post Op Pain Severity Assesed By Asking Patients In Follow Up In Opd.= (1)Mild- Require Analgesics For One Week And No Disabilty, (2)Moderate - Requiring Analgesics For 3 Week Post Op While Doing Work,(3) Severe Pain At Rest And Analgesics Taken Beyond 3 Months Post Op.

Intra Hospital Immediate Post Operative Pain In Male BI Was 69% And In UI 61%

In UI And BI Female It Was 50%

Pain was Moderate Is While Doing Work And Activity Was 23%in UI Male And 30% BI Male. Exceptionally UI Female 50% Got Moderate Pain.

Rest Pain Upto 3 Months Was Seen In Both UI And BI Male Comprising 7.6%

Persistent Analgesics Beyond 3 Months Was Required In one [1] BL Male

Patient.following Study Were Done By Various Researcheres.follow Up Of Six Months In My Study is short duration of follow up and small sample size but Comparable to other studies.

Vanita Gupta Et All Reported 0.78% Chronic Inguinal Pain After Open Inguinal Hernioplasty After 1 Year. My Study duration and sample size

is relatively small and Was Up To Six Months.johann Cunningham Et All Reported 12% Post Operative Inguinal Pain After Lichenstien Repair In BI Cases. Sargio Alferi Et All Reported 0,5 % Chronic Inguinal Pain After One Year.

CONCLUSION

Inguinal Hernia Is Common Surgical Disease. laparoscopy Has Edge Over Open Surgery In Both UI And BI Cases. Due To Poor Economic Condition And Difficult To Get Expertise Laparoscopic Inguinal Hernia Surgeon In Rural Poor Population, BL (bilateral) Hernia Surgery By Lichenstien Tension Free Repair Is Quite Comparable To UL (unilateral) Hernia Open Lichenstien Repair. Post Operative Outcome In all operated patients with reference to pain severity Pain In Inguino Scrotum In Male And Inguinal Region In Female Were Ascertained By Consulting To Patients Both UI And BI Surgery. Mild Pain Is Equal In Both Cases UI And BI In Immediate Post Op Period. Moderate Pain Was More In BI Than UI But Not Much Difference In Percentage In BI And UI. Severe Persisting Pain Where Patient Could Not Return To Work Was Seen Only In One Male BI Patient, which Was Recovered In 5 Months Follow Up Examination.

Surgery Under Spinal Anesthesia Is Economical And Regular Prolene Mesh Of 15*7.5 Cm Is Effective In Poor Patients.

So Bilateral Open Lichenstien Inguinal Hernioplasty In Same Sittin G Is Equall Effective As Unilateral Inguinal Lichenstien Hernioplasty. with Comparable Post Operative Pain An Resuming Normal Activity And Work.

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