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A REVIEW: PREVALENCE, RISK FACTORS AND SURGERY PROCEDURE FOR ABDOMINAL HERNIA

Bala Jyoti[1], Garg Dushyant[2], Patil R.K.[3]

Department of Pharmacy Practice, Adesh Institute of Pharmacy and Biomedical Sciences, Bathinda, Punjab, (India)

ABSTRACT:

Stomach wall hernias are a typical imaging tracking down in the midsection and might be muddled by strangulation, detainment, or injury. As a result of the gamble of creating confusions, most stomach wall hernias are precisely fixed, regardless of whether asymptomatic. Nonetheless, post-careful entanglements are likewise normal and incorporate hernia repeat, tainted and noninfected liquid assortments, and confusions connected with prosthetic material. Multi-identifier column registered tomography (CT) with its multiplanar capacities is especially helpful for the assessment of unrepaired and carefully fixed stomach wall hernias. Multi-identifier column CT gives dazzling anatomic detail of the stomach wall, subsequently permitting exact ID of wall hernias and their items, separation of hernias from other stomach masses (growths, hematomas, abscesses), and location of pre-or postoperative difficulties. These discoveries work on the correspondence of imaging results to clinicians and assist with advancing treatment arranging. Information on multi-locator line CT discoveries in unrepaired and precisely fixed stomach wall hernias and their confusions is fundamental for making the right finding and may assist with directing clinical administration.

Key words: Abdominal wall hernia, CT, Laparoscopy , Epigastric hernia, Ultrasonography , femoral hernia.

INTRODUCTION:

An abdominal hernia is a familiar issue, an unconventional protrusion or a localized lump of an organ or tissue through a defect in its surrounding wall in the abdomen or groin region. There are several sorts of abdominal hernias that you can encounter, including femoral hernias, inguinal hernias, Hiatal hernias, and umbilical hernias. Once the hernia is observed, it's essential to treat it as soon as possible [1].

ASSESSMENT OF PREVALENCE:

Hernias are a typical issue; in any case, their real rate is obscure. The chance of a stomach hernia is assessed at approx 8% of the populace anyway commonness might be more expanded. 75% of all hernias happen in the inguinal area. 2/3 of these are aberrant, and the rest are immediate inguinal hernias. In view of the public employable measurements, incisional hernias represent 15% to 20% of all stomach walls hernias. Umbilical and epigastric hernias comprise 10% of hernias, femoral hernias more around 5%, and uncommon hernias for the rest [2].

In guys, the possibilities of crotch hernia are almost certain by multiple times more than in females. A backhanded inguinal hernial is the most well-known, paying little mind to orientation. In guys, roundabout hernias prevail over direct hernias with a proportion of 2:1. Direct hernias are extremely extraordinary in

females. There is a female transcendence in femoral and umbilical hernias of roughly 10-1 and 2-1, separately[3]. Albeit femoral hernias happen more often in ladies than in guys, inguinal hernias stay the most well-known hernias in females. Femoral hernias are uncommon in guys. 10% of females and half of guys who have femoral hernias either have or will foster an inguinal hernia. Incisional hernias are two times as normal in females as in guys [4].
Both aberrant inguinal and femoral hernias happen all the more usually on the right side. This is credited to a postpone in decay of the processusvaginalis following the typical more slow drop of the light testis to the scrotum during fetal development [5]. The prevalence of right-sided femoral hernias is believed to be because of the tamponading impact of the sigmoid colon on the left femoral trench [6].

The predominance of hernias increments with age, especially for inguinal, umbilical, and femoral hernias. The probability of strangulation and the requirement for hospitalization additionally increments with maturing. Strangulation, the most well-known serious difficulty of a hernia, happens in only1-3% of crotch hernias and is more normal at the limits of life. Most strangulation hernias are backhanded inguinal hernias; notwithstanding, femoral hernias have the most elevated pace of strangulation of all hernias for example 15-20%, and consequently. It is suggested that all femoral hernias be fixed simultaneously of disclosure[7].

RISK FACTORS:

The primary gamble elements of hernia incorporate pregnancy, weight training, clogging, and weight gain. All hernias are brought about by a blend of strain and an opening or shortcoming of muscle or sash; the tension pushes an organ or tissue through the opening or point of weakness. Now and again the muscle shortcoming is available upon entering the world; more regularly, it happens further down the road [8].

DIAGNOSIS:

A lump in the inguinal locale stays the vitally demonstrative tracking down in most crotch hernias. There might be related agony or unclear distress in the locale, however crotch hernias are generally not very excruciating except if detainment or strangulation has happened. Without any actual discoveries, elective reasons for agony ought to be engaged. Incidentally patients might encounter paresthesia connected with pressure or disturbance of the inguinal nerves by the hernia. Masses other than hernias can happen in the crotch area. Actual assessment alone frequently separates between a crotch hernia and these masses [9].
The inguinal area ought to be analyzed with the patient in both prostrate and standing positions. The inspector ought to outwardly investigate and touch the inguinal locale, noticing for deviation, swells, or a mass[5]. Having the hack or playing out a Valsalva move can work with the distinguishing proof of a hernia. The inspector puts a fingertip over the inguinal channel and rehashes the assessment. At long last, a fingertip is put into the inguinal waterway by invaginating the scrotum to identify a little hernia[3]. A lump moving horizontally to the average in the inguinal channel recommends a backhanded hernia. In the event that a lump advances from profound to shallow through the inguinal floor, an immediate hernia is thought. The qualification isn't basic, on the grounds that the maintenance is moved toward the same way no matter what the kind of hernia. A lump recognized beneath the inguinal tendon is steady with a femoral hernia[10].
A lump of the crotch portrayed by the patient that isn't exhibited on assessment presents an issue. Having the patient stand or move around for quite a while may permit the undiscovered hernial mass to become noticeable or obvious. On the off chance that a hernia is firmly thought yet imperceptible, a recurrent assessment at some other point might be useful[11].
Ultrasonography additionally can support the finding. There is a serious level of responsiveness of particularity for ultrasound in the identification of mysterious immediate, backhanded, or femoral hernias. other imaging modalities are less helpful. Processed tomography (CT) of the midsection and pelvis might be valuable for the conclusion of dark and surprising hernias as well as abnormal crotch masses[12].
The assessment of other stomach wall hernias likewise requires a steady actual assessment. Similarly as with the inguinal district, the front stomach wall ought to be assessed for hernia with the patient in both standing and recumbent positions, and a Valsalva move is likewise valuable to show the site and size of a hernia. Imaging modalities might assume a larger part in the finding of additional surprising hernias of the stomach wall[13].

TREATMENT AND MANAGEMENT OF ABDOMINAL HERNIA:

NONOPERATIVE MANAGEMENT:

Most specialists suggest procedure on the disclosure of an inguinal hernia on the grounds that the regular history of a crotch hernia is that of moderate extension and debilitating, with the potential for detainment and strangulation [14]. Patients with short future or critical comorbid sicknesses with insignificant side effects are the special case. There is no immediate examination among activity and perception, especially in asymptomatic patients, albeit one such review is under way[13]. Supports can give suggestive alleviation of hernias and are utilized all the more regularly in Europe. Right estimation and fitting are important[15].

Hernia control has been accounted for in around 30%of patients. Intricacies related with the utilization of support incorporate testicular decay, ilioinguinal or femoral neuritis, and hernia imprisonment[16]. It is by and large concurred that nooperative administration ought not to be utilized for femoral hernias in light of the great occurrence of related difficulties, especially strangulation[17].

OPERATIVE MANAGEMENT:

ANTERIORS REPAIRS: Anterior repairs are the most common operative approach for inguinal hernias. Tension-free repairs are now standard, and there are a variety of different types. Older types of repair are indicated for small hernFront fixes are the most widely recognized employable methodology for inguinal hernias. Pressure free fixes are presently standard, and there are a wide range of types. More established kinds of fix are demonstrated for little hernias[16].

There are a specialized parts of activity normal to every single foremost fix. Open hernia fix is started by making a dynamically situated, direct, or somewhat curvilinear cut 2-3 cm above and lined up with the inguinal tendon. Analyzation is gone on through the subcutaneous tissue and Scarpa's fascia[18]. The outside sideways sash outer inguinal ring ought to be distinguished. The outside sideways belt is chiseled through the shallow inguinal ring to uncover the inguinal trench. The ilioinguinal and iliohypogastric nerve ought to be distinguished or assembled to stay away from crosscut and entrapment[12]. The spermatic line is prepared at the public tubercle by a mix of gruff and sharp analyzation. Ill-advised assembly of the spermatic line excessively parallel to the public tubercle can create turmoil in the recognizable proof of tissue planes and fundamental designs and may bring about disturbance of the floor of the inguinal canal[4].

The cremasteric muscle fiber of the assembled spermatic rope is partitioned and isolated from the fundamental line structures. The cremasteric conduit and vein, which join the cremaster muscle close to the inguinal ring, are generally seared or ligated and divided[12].

At the point when an aberrant hernia is available, the hernia sac is found profound to the cremaster and foremost and better than the spermatic line structures. Etching the cremaster muscle in a longitudinal course and isolating it circumferentially close to the inner inguinal ring helps uncover the roundabout hernia sac. The hernia sac is painstakingly taken apart from adjoining line structures and analyzed to the level of the inside inguinal ring[19]. The sac ought to be opened and analyzed for instinctive items assuming it is enormous; nonetheless, this step is pointless in little hernias. The neck of the sac is ligated at the level of the inside ring, and any abundance sac is extracted. On the off chance that an enormous hernia sac is available, it very well may be partitioned utilizing electrocautery to work with ligation. It isn't important to extract the distal part of the sac[14]. Assuming the sac is expansive based, it could be more straightforward to dislodge it into the peritoneal pit instead of ligate it. Direct hernia sacs project through the floor of the inguinal trench and can be diminished underneath the transversalis sash before fix. A lipoma of the line addresses retroperitoneal fat that has herniated through the profound inguinal ring and ought to be stitch ligated and removed[20].

ILIOPUBIC TRACT REPAIR:

The iliopubic parcel has been recognized as a fundamental part of anatomic hernia fixes. This construction is adjoining with the crosses over abdominis aponeurotic curve in typical crotch life structures however isolates

from the cross over abdominis when the inguinal floor debilitates. The iliopubic parcel fix approximates the crosses over abdominis aponeurotic curve to the iliopubic lot with the utilization of hindered stitches. The fixes start at the pubic tubercle and broaden horizontally past the inside inguinal ring. This maintenance was at first portrayed as utilizing a loosening up entry point; in any case, numerous specialists who utilize his maintenance don't play out a loosening up cut [20].

SHOULDICE REPAIR:

The Shouldice fix underlines a multi-facet imbricated fix of the back mass of the inguinal trench with a persistent running stitch method. After fruition of the analyzation, the back mass of the inguinal trench is remade by superimposing running stitch lines advancing from profound to additional shallow layers. The underlying stitch lines secure the crosses over abdominis aponeurotic curve to the iliopubic lot. Then, the inner diagonal and crosses over abdominis muscle and aponeuroses are stitch to the inguinal tendon. The Shouldice fix is related with an exceptionally low repeat rate and a serious level of patient satisfaction[16].The first portrayal of the Shouldice fix utilized running hardened steel wire fix, albeit most who practice this strategy presently utilize different sorts of extremely durable sutures[5].

BASSINI REPAIR:

The Bassini fix is performed by stitching the crosses over abdominis and inside slanted musculoaponeurotic curves or conjoined ligament to the inguinal tendon. This once-well known procedure is the essential way to deal with no anatomic hernia fixes and was the most famous kind of fix done before the appearance of strain free fixes[20].

PRE-PERITONEAL REPAIR:

The open pre peritoneal approach is useful for the repair of recurrent inguinal hernias, sliding hernias, strangulated hernias, and femoral hernias. A transverse skin incision is made 2cm above the internal inguinal ring and is directed to the medial border of the rectus sheath[21]. The muscles of the anterior abdominal wall are incised transversely, and the pre peritoneal space is identified. If further exposure is needed, the anterior rectus sheath can be incised and the rectus muscle retracted medially. The pre peritoneal tissues are retracted cephalad to visualize the posterior inguinal wall and the site of herniation[22]. The anterior epigastric arteries and veins are generally beneath the midportion of the posterior rectus sheath and usually do not need to be divided. The posterior approach avoids mobilization of the spermatic cord and injury to the sensory nerves of the inguinal canal, which is particularly important for the hernias previously repaired through an anterior approach[10]. If the peritoneum is incised, it should be sutured close to avoid evisceration of intra peritoneal content into the operative field. The transversalis fascia and transverses abdominis aponeurosis are identified and sutured to the iliopubic tract. Femoral hernias repaired by this approach require the closure of the femoral canal by securing the repair to Cooper's ligament. Mesh prosthesis is frequently used to reinforce the closure of the femoral canal, particularly with large hernias[23].

LAPAROSCOPIC MANAGEMENT:

The use of negligibly obtrusive surgeries to inguinal hernia fix. Laparoscopic inguinal hernia fix has added to the continuous discussion over the best inguinal hernia fix. Laparoscopic inguinal hernia fix is one more technique for strain free cross section fix, in view of a pre peritoneal methodology. Defenders promote speedier recuperation, less agony, better perception of life structures, utility in fixing all inguinal hernia surrenders, and diminished careful site infections[24].

The early report stressed a Trans Abdominal Pre Peritoneal (TAPP) approach. All the more as of late, the absolutely extra pre peritoneal (TEP) way to deal with fix has become more well known. The two strategies are like genuine fix however contrast in how the pre peritoneal space is gotten to. The TAPP fix utilizes conventional extra peritoneal trocars and the formation of a peritoneal fold to uncover the back inguinal

district. The TEP approach gives the admittance to the pre peritoneal space without entering the peritoneal cavity[15].

An in fura umbilical cut is utilized. The front rectus sheath is chiseled, the ipsilateral rectus abdominis muscle is withdrawn horizontally, and gruff analyzation is utilized to make a space underneath the rectum. A taking apart inflatable is embedded profound into the back rectus sheath, progressed to the public symphysis, and swelled under direct laparoscopic vision. When opened, the space is insufflated and extra trocars are placed[22]. A 30-degree laparoscope gives the best perception of the lingual district. The substandard epigastric vessels are recognized along the lower piece of the rectus muscle and withdrew anteriorly. Cooper tendon should be cleared from the pubic symphysis medially to the level of the outside iliac vein. The iliopubic parcel is additionally identified[10]. Care should be taken to stay away from injury to the femoral part of the genitor femoral nerve and the sidelong femoral cutaneous nerve, which are found horizontal and underneath the iliopubic lot. Sidelong analyzation is done to the front unrivaled iliac spine. At last, the spermatic string is skeletonized[5].

An immediate hernia sac and related peritoneal fat are tenderly diminished by foothold on the off chance that it has not as of now been decreased by swell extension of the peritoneal space. A little backhanded hernia sac is prepared from the line structure and diminished into the peritoneal pit. A huge sac might be challenging to lessen. For this situation, the sac is separated with burning close to the inward inguinal ring, leaving the distal sac in situ[5]. The proximal peritoneal sac ought to be shut with a circle ligature to forestall pneumoperitoneum from happening. When any hernia is decreased to 10*15 cm piece of polypropylene network is embedded through a trocar and unfurled. It ought to cover the immediate, backhanded, and femoral spaces and rest over the line structures. The cross section is painstakingly gotten with a following stapler to Cooper's tendon from the pubic tubercle to the outer iliac vein, anteriorly to the back rectus muscular structure and crosses over abdominis aponeurotic curve something like 2cm above hernia imperfection, and horizontally to the iliopubic plot. The cross section ought to reach out past the pubic symphysis and underneath the spermatic line and peritoneum[19]. The cross section ought not be fixed around here and tacks ought not be set sub-par compared to the iliopubic lot past the outer iliac course. Staples set in this space might harm the femoral part of the genitor femoral nerve of the sidelong femoral cutaneous nerve. Staples ought to likewise be kept away from in the triangle of destruction limited by the conduit us deferens medially and the spermatic vessels along the side to keep away from injury to the outside iliac vessels and femoral nerve[25].

FEMORAL HERNIAS:

A femoral hernia happens through the femoral waterway that is limited superiorly by the iliopubic plot, poorly by Cooper's tendon, and horizontally by the femoral vein, and restoratively by the intersection of the iliopubic parcel and Cooper's tendon. A femoral hernia creates a mass or lump beneath the inguinal tendon. Every so often, a few femoral hernias will introduce over the inguinal channel. In this present circumstance, the femoral hernia sac actually leaves substandard compared to the inguinal tendon through the femoral waterway however climbs in a cephalad direction[1].

A femoral hernia can be fixed utilizing the standard Cooper tendon fix, a pre peritoneal methodology, or a laparoscopic approach. The fundamental components of femoral hernia fix incorporate analyzation and expulsion of the hernia sac and destruction of the imperfection in the femoral channel either by estimation of the iliopubic lot to Cooper's tendon or by the situation of prosthetic cross section to commit the deformity. The occurrence of strangulation in femoral hernias is high; thusly, imprisoned and femoral hernias ought to have the hernia sac contents analyzed for suitability [3].

EPIGASTRIC HERNIAS:

Epigastric hernias are a few times more normal in men. These hernias are situated between the xiploid cycle and umbilicus and are normally inside 5-6 cm over the umbilical hernias, epigastric hernias are more normal

in people with a solitary aponeuroticdecussation. The imperfection is little and frequently delivers torment messed up with regards to their size attributable to detainment preperitoneal fat[5]. They are various in up to 20% of patients. Fix is in many cases achieved by basic conclusion of the fascial deformity like umbilical hernias. There are a few other regular hernias too: Spigelian hernia, obturator hernia, Lumber hernias, Interparietal hernia, sciatic hernia, and perineal hernia[11].

COMPLICATIONS:

There is a horde of complexities connected with hernia fix. Some are general inconveniences that are connected with basic infections, and the impacts of sedation. These will shift by understanding populace and chance. Moreover, there are specialized entanglements that are straightforwardly connected with the repair[25]. Specialized entanglements are impacted by the experience of the specialists and are more successive after the maintenance of repetitive hernias. There is expanded scarring and upset life systems with hernia repeat that can bring about a failure to recognize significant designs as activity. This is the chief justification for why we suggest involving an alternate methodology for intermittent hernias[26].

Albeit the general inconvenience rate from hernia fix has been assessed to be around 10%, a significant number of these confusions are transient and can be tended to without any problem. More serious complexities from an enormous encounter are:

Ought to ice hernia fix complexities: Wound contamination, Hematoma, Pulmonary embolus, Hemorrhage, Ischemic orchitis, Testicular decay, etc[27].

HERNIA RECURRENCE:

Hernia repeat rates are variable yet can be basically as low as 1-3% north of a 10-year time of follow-up. Most hernias repeat inside the initial 2 years after fix. As a general rule, repeat is least with strain free fixes and higher with anatomic repairs[26].

Hernia repeats are for the most part because of specialized factors, for example, unreasonable pressure on the maintenance, missed hernias, inability to incorporate a sufficient musculoaponeurotic edge in the maintenance, and ill-advised network size and position. Repeat can likewise result from inability to close a patulous inside ring, the size of which ought to constantly be evaluated at the finish of the essential operation[24]. Different variables that can cause hernia repeat are persistently raised intra-stomach pressure, an ongoing hack, profound incisional contaminations, and unfortunate collagen development in the injury. Repeats are more normal among patients with direct hernias and ordinarily include the floor of the inguinal trench close to the public tubercle, where stitch line pressure is most noteworthy. The utilization of a loosening up entry point when there is unnecessary strain at the tie in the event that essential hernia fix is valuable to diminish recurrence[22].

Most repeat hernias will require the utilization of prosthetic cross section for an effective fix. Picking an alternate methodology dodges analyzation through scar tissue, further develops representation of the imperfection and decrease of the hernia, and diminishes the frequency of confusions, especially ischemic orchitis and injury to the ilioinguinal nerve[23]. Repeats after starting prosthetic lattice fixes can be because of uprooted prostheses or the utilization of prostheses of insufficient size. Repeats are best overseen by setting a second prosthesis through an alternate approach[22].

They Should ice fix has been exhibited to have a repeat pace of under 2%, which is the most minimal pace of repeat among fixes that don't utilize a pressure free approach[25].

CONCLUSION:

To summarize, the preventing complication and ensuring positive results early diagnosis of the abdominal hernia. The risk management and prevalence and patients characterizations should be taken in consideration for the surgery procedure like PRE-Peritoneal Repair, Bassini Repair, Shouldice Repair and laparoscopy, of abdominal hernia.

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