Abstract

Background: Incisional hernias of the midline are frequently multisacular and its treatment without a mesh is followed by a high rate of recurrences. Aim: To report a new technique for the treatment of midline incisional hernias, performing an isotensional suture of the midline with Vycril® 2-0, followed by a double invaginating suture of the rectus aponeurosis with Ethybond® 2-0. Material and Methods: Observational prospective study of 90 women and 26 men, aged 54 ± 13 and 59 ± 13 years respectively, with a hernia sac smaller than 15 cm and with an aponeurotic defect smaller than 3 cm, operated between January 2002 and December 2005. Results: Surgery was performed under local anesthesia on an ambulatory basis. The surgical procedure consisted in the excision of a skin lozenge which included the scar, dissection and reduction of all sacs and isotensional suture of the midline with Vycryl #1®. This suture was followed by a double invaginating suture of the rectus sheath in the midline with Ethylon® 0. Five superficial infections and two hematomas were observed. Seven recurrences (7%) in 99 patients (85% of the sample), were found during a mean follow up of 4.6 years (range 2-6). Conclusions: The double invaginating isotensional suture (DIIS) is an acceptable alternative for the treatment of small and middle size incisional hernias of the midline.

Keywords

Incisional hernia, isotensional suture, hernia repair