





Umbilical mesh hernia repair. Experience in 60 patients [Análisis prospectivo de hernioplastías umbilicales en adultos]

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Resumen

Background: There is a lack of consensus on the best technique umbilical for hernia repair and several options have been use. The systematic use of prostheses is currently recommended. **Aim:** To evaluate the treatment of umbilical hernias with a mesh and assess the placement of a prosthetic cone as an alternative. **Materials and Methods:** We evaluated prospectively the surgical procedures in 60 patients with umbilical hernia aged 30 to 86 years (40 females). We excluded surgical procedures in which a mesh was not used and those performed as emergencies. When the hernia ring was of less than 3 cm in diameter, a polypropylene cone or plug was placed. A preperitoneal mesh technique was used when rings were larger. **Results:** Forty five patients had a ring of less than 3 cm. Among these, a polypropylene cone or plug was placed in 30 and 15 patients, respectively. A mesh was placed in the remaining patients. As surgical complications, one patient had a hematoma (1.6%) and three patients had seromas (5%). There were no surgical site infections or hernia relapse. **Conclusions:** Umbilical hernia repair using with polypropylene prostheses is a safe and easy to implement technique.

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