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## **Outcomes of self-fixation mesh for open hernia repair**

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**Objective:** To compare the outcomes of self-fixation mesh for open hernia repair, with TEP suture free mesh repair, in terms of patients with post-operative pain one month after surgery and in terms of the recurrence rate of hernia.

**Method:** The study was conducted at Sharif Medical and Dental College, Lahore, Pakistan. 100 cases of inguinal hernia were operated on. In 50 patients (Group-A) open hernia repair was done. In another 50 cases (GroupB) Totally Extra Peritoneal (TEP) mesh repair was done. Data was analyzed using IBM SPSS 24. Post-operative surgical outcomes in terms of patients with pain one month after surgery and hernia recurrence, were studied in two groups. Descriptive statistics (frequencies and percentages) were calculated. Chi-square test of statistical significance for quantitative variables was applied.

**Result:** In Group-B only 1/50 patients suffered from post-operative pain one month after surgery as compared to 21/50 patients in Group-A. Similarly, the incidence of hernia recurrence was 1/50 in Group-B, as compared to 8/50 in Group-A. Both for post-operative pain and hernia recurrence there was a statistically significant difference between the two groups. In Group-A, the number of patients with post-operative pain one month after surgery and those with hernia recurrence was significantly high than in Group-B ( $p<0.001$  and  $p<0.05$ , respectively).

**Conclusion:** In terms of post-operative pain one month after surgery and the incidence of hernia recurrence, TEP suture free repair is a superior method of hernia repair as compared to conventional open repair.

## **Biography**

Ahsen Nazir Ahmed is the Professor of Surgery at Sharif Medical and Dental College, Lahore, Pakistan. He has over 27 years of work experience both in Pakistan and internationally in medical schools and accredited hospitals. He has a special interest in breast surgery and hernia surgery, along with extensive experience performing laparoscopic surgeries. He is a Fellow of the American College of Surgeons as well as the Royal College of Surgeons, Glasgow and is a Course Director for Advanced Trauma Life Support, having taught over 200 accredited courses of BLS, ACLS and ATLS. He also has many research publications to his credit. His current passions include promulgating medical awareness in the general population and arming the next generation of medical professionals with both quality tools and techniques, while also teaching them respect for patients and their rights.

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