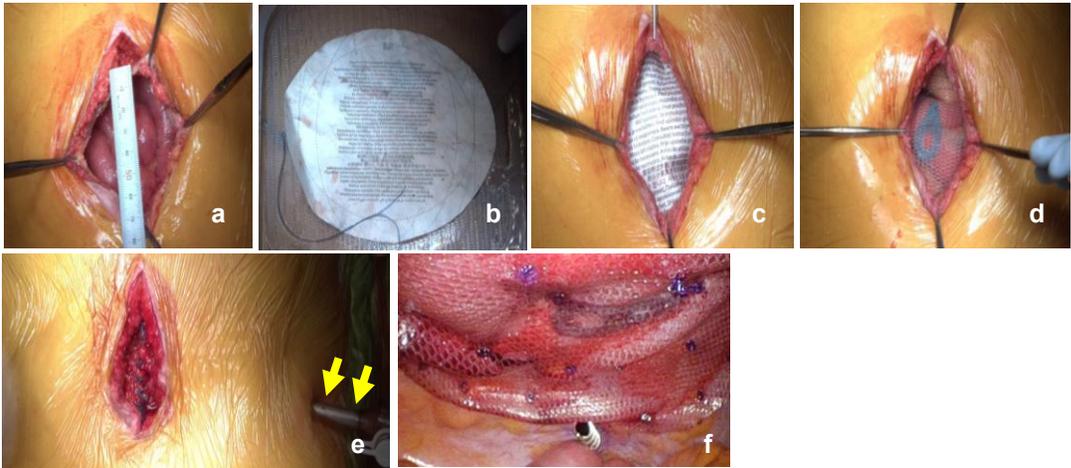


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Hybrid Technique for Incisional Hernia Repair: A Safe and Accessible Alternative

Aim
 To evaluate the feasibility and outcomes of Hybrid IPOM+ (Intraperitoneal Onlay Mesh Plus), as an accessible alternative for incisional hernia (IH) repair in diverse surgical settings.

Surgical steps of Hybrid IPOM-Plus



- a) Perform laparotomy along the hernia defect and carry out adhesiolysis.
- b, c) Trim the mesh according to the size of the defect.
- d) Place the mesh and insert a 5 mm port under direct visualization.
- e) If necessary, perform tension-reducing maneuvers and close the fascia securely. At this stage, a 5mm port is already inserted into the lateral abdominal wall (indicated by the yellow arrow)
- f) Establish pneumoperitoneum and deploy and secure the mesh under laparoscopic guidance.

Material & Methods

We reviewed five male patients (ages 50–69) treated for IH. Hernia classification, operative time, postoperative complications, Numerical Rating Scale (NRS) scores at one month postoperatively, and recurrence rates were recorded.

Results

All procedures were successfully completed with operative times ranged from 70 to 118 minutes. No intraoperative complications were observed. Postoperative outcomes were favorable, with no cases of seroma formation, or recurrence during follow-up. One-month postoperative NRS scores for pain were as follows.

case	size	location	time (min.)	Stay (D)	complication	1POM NRS	recurrence
1	W2	M3	90	6	-	1~3	-
2	W2	L4	118	12	-	5	-
3	W2	M3	100	6	-	3	-
4	W2	M4	105	9	-	-	-
5	W2	M3	70	6	-	0	-

Conclusions

Hybrid IPOM+ may provide a practical, reliable alternative for hernia repair in settings where specialized skills are unavailable, offering a safe and effective solution.