

Open Retromuscular Approach for Large Lumbar Incisional Hernia. A Clinical Case Report

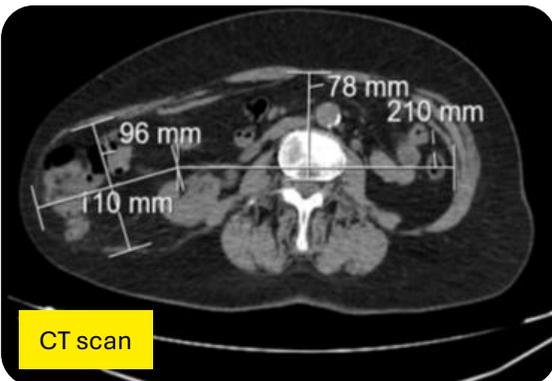
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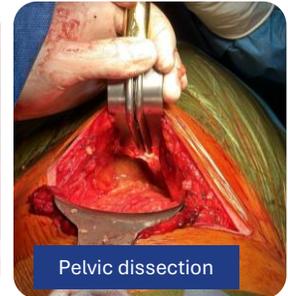
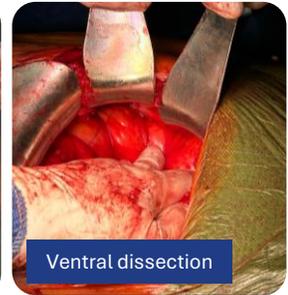
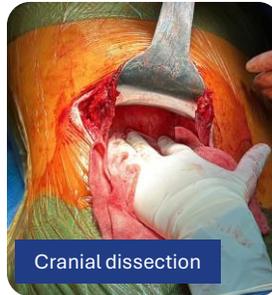
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Introduction: Lumbar incisional hernias continue to pose considerable surgical challenges, with no universally accepted best approach.

Clinical case: A 63-year-old woman was referred to our unit due to a large right lumbar bulge and discomfort that affected her quality of life. She had previously undergone an open right pyeloplasty. CT scan confirmed the presence of a large hernia with a defect measuring 10x11 cm and with a 15% loss of domain. An open lateral surgical approach was decided.



An incision was made along the previous scar and a wide retromuscular extraperitoneal dissection was performed, ensuring an extended overlap for mesh reinforcement.



A medium-weight nonabsorbable macroporous synthetic mesh was implanted without fixation.



Postoperative period was uneventful. After 1 year of follow-up the patient remains symptom-free and without recurrence.



Conclusions: Although technically challenging, open lateral retromuscular repair with wide mesh overlap seems to be a valid option for lumbar incisional hernias and with good outcomes.