

## "Optimizing outcomes in abdominal wall surgery:

### Dermato-Functional Physiotherapy in laparoscopic techniques"

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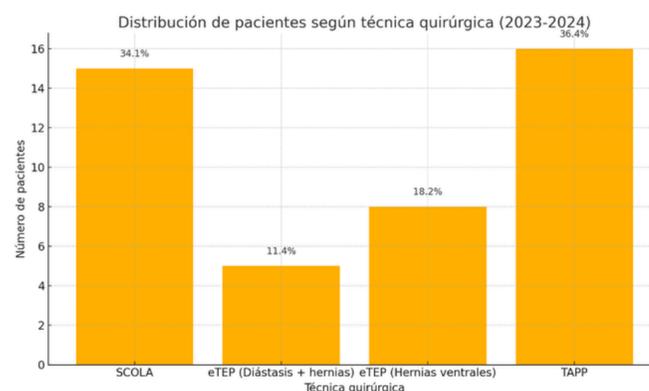
#### AIM:

This study evaluates the role of dermato-functional physiotherapy in enhancing surgical outcomes for patients undergoing laparoscopic abdominal wall repairs, including diastasis recti and ventral hernias, treated with various minimally invasive techniques.



#### MATERIAL & METHODS:

From January 2023 to December 2024, 44 patients underwent laparoscopic repair for abdominal wall defects.



Pre-, intra-, and postoperative dermato-functional physiotherapy protocols included tecar-therapy, kinesiotape, ILIB, lymphatic drainage, presotherapy, and targeted exercises. Outcomes such as pain, inflammation, hospital stay, aesthetic results, and recurrence rates were analyzed.

#### RESULTS:

- The mean hospital stay was 1 day across all groups. No intraoperative or postoperative complications occurred.
- Protocols achieved significant improvement in pain control, reduced inflammation, accelerated recovery, and enhanced aesthetic outcomes.
- Ultrasound-detected seromas resolved spontaneously within one month in 100% of cases. Long-term follow-up revealed no hernia recurrences.



#### CONCLUSION:

- Integrating dermato-functional physiotherapy into laparoscopic repair protocols significantly improves short- and long-term outcomes for abdominal wall surgery.
- This approach enhances recovery, minimizes complications, and ensures better patient satisfaction.
- Its benefits are evident across different laparoscopic techniques, emphasizing its role in optimizing outcomes in minimally invasive hernia and diastasis recti repairs.