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DESARDA'S VERSUS LICHTENSTEIN'S MESH REPAIR FOR INGUINAL HERNIA: A LONGITUDINAL STUDY

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ABSTRACT... Objectives: To compare the tissue based Desarda mesh technique for inguinal hernia in terms of operation time, hospital stay, activities, cost and post-operative complications such as seroma, wound infection and recurrence. **Study Design:** Randomized Controlled trial. **Setting:** General Surgery Hayatabad Medical Complex, Peshawar, Pakistan. **Year:** 2019. **Material & Methods:** Total of 150 male patients were selected using consecutive sampling technique. Patients were randomized into two groups. 75 patients in group A underwent hernia repair with Desarda mesh and 75 patients in group B underwent hernia repair by performing Lichtenstein's mesh repair. Patients were followed up after 2 weeks, 1 month, 3 months, 6 months and 1 year. The mean age of Desarda group was 44.59 ± 10.58 years while it was 45.12 ± 10.58 years in the Lichtenstein group ($P=0.932$). Mean Operative time was less for Desarda (34.42 ± 3.42 min) when compared to Lichtenstein repair (49.01 ± 4.77 min). Mean hospital stay after Desarda repair was 2.08 ± 0.27 days and after Lichtenstein repair was 3.00 ± 0.40 days ($p=0.000$). After Desarda procedure the average cost of the operation was 11.10 ± 2.32 days while it was 13.92 ± 2.24 days in Lichtenstein group ($p=0.000$). When compared for observed post-operative complications, total cost of the operation was (Rs 3893 ± 293) in Desarda group and (Rs 4500 ± 300) in Lichtenstein group ($p=0.000$). When compared for observed post-operative complications, seroma, wound infection and recurrence in both groups all the p-values were non-significant statistically. **Conclusion:** In comparison to Lichtenstein's mesh repair technique is cost effective, easy to learn, patients have less hospital stay, less operative complications and early return to basic physical activities.

Key words: Desarda, Inguinal Hernia, Lichtenstein, Mesh, Recurrence

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INTRODUCTION

The term "hernia" is a Latin word which means "a rupture".¹ A hernia is an abnormal protrusion of an organ or part of an organ through an opening in the wall of cavity containing it.² In whole life

hernia system, Stoppa's technique can be performed by laparoscopic approach (Abdominal Pre-Peritoneal and Laparoscopic Peritoneal Repair).⁶ Accordi et al. (EHS) 2009 guidelines