

One Day Surgery Times

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ANNOUNCEMENT

From next month, a monthly CME is being organised for GP's at The Center. We will invite you in groups of 25, so as to have better interaction with the speakers. There will be 3 speakers during each meet. Time & date will be intimated to you personally.

From the Editors Desk:**Insurance:**

Please be informed that most of the leading insurance companies have now included Day Care Surgery for re-imbursment / claim without 24 hours hospitalisation. Thanks to our efforts and correspondences with IRDA, Insurance companies and TPA's, they have now included list of surgeries

performed by advancement of technology and at specialised centers. I have personally seen the newer policies of New India, Oriental, Bajaj Allianz, & Royal Sundaram, with some variations, they have included several surgeries as Day Care procedures. Please go through the policies yourself & inform the agent / patient.

Hernia as Day Care:

The most commonly performed surgeries by a general surgeon, is the Hernia surgery, which is a major surgery, because of the fineness of the procedure. The identification of the layers, the dissection, repair, method and material used and type of anaesthesia, dictate the success and recurrence rate of the surgery.

It is always said, that, irrespective of the type of repair you do, if that is what you have been doing and are comfortable doing, then, stick to that method, as you will produce the best result. Without going into the technical details of a hernia repair, I would like to mention that basically, either you do a Laparoscopic repair or do an Open repair. Laparoscopic repair or Minimal Invasive method, requires expertise and Instrumentation, is always performed under general anaesthesia.

Open method, is performed under GA, Spinal or Local. My choice is always local anaesthesia. Inguinal block or ring block in case of Umbilical and small Inscisional hernias. Advantages of Local blocks is that it does away with the complications of Spinal or General anaesthesia. Patient's apprehension is reduced by giving sedation during the surgery. Surgical procedure incorporates Minimal Dissection by skin crease incision and sub-cuticular sutures. Herniotomy, Herniorraphy or Hernioplasty (Mesh repair), can be easily performed by this method. Patients recovery is almost immediate, with early ambulation, early oral intake,

therefore, no retention of urine in elderly, and early discharge. Post-op pain which is a subjective phenomenon, is less by Laparoscopic method in comparison to open method.

World over, the tendency now is to opt for open surgeries. The combination of performing a hernia repair under Local block, provides excellent results.

In addition, due to early mobilisation and recovery, the patient is sent home the same day as One-Day surgery. This reduces hospitalisation as well as is more economical. Whenever required, patient can be kept overnight.

I have performed and seen others perform, hernia surgeries many



Dr. T. Naresh Row was invited to deliver Dr. B. B. Ohri Memorial Oration in Indore. Organised by The Association of Surgeons of India, local and MP state surgeons attended The Mid-Term Conference. The topic was: 'Progress & status of Day Care Surgery in India' Present in the pic: Dr. Narang President, Dr. Kaushal, Sec. of ASI, Indore.

times, in India as well as abroad, but the best results are obtained by gentle dissection, minimal tissue trauma, skin crease incisions and tension less repair, under local anaesthesia and sedation.

Inguinal Hernia:

Types: Direct & Indirect. Congenital hernias in children, are usually Indirect type, which does not require mesh, a short GA would be ideal, as a child does not accept Local easily. Herniotomy is the treatment of choice without posterior repair.

Adults, have mixed type, both types of hernia are seen. Combination of Herniotomy and repair with or without mesh is ideal. If there is a large defect or if the abdominal muscle is weak, then a mesh support is a must.

In the elderly, we usually find direct hernias due to weakness of the posterior wall, a combination of repair with mesh support is ideal for such cases.

Umbilical hernia:

Small or large hernias usually do not require a mesh support. Only in cases where there is a large defect and there is tension on the sutures, a mesh support should be considered.

Incisional hernias:

Invariably require a mesh repair, due to distortions of tissues, dissection and pure tissue closure is sometimes difficult. Small hernias can be every comfortably done under local anaesthesia as One Day Surgery.

Dr. T. Naresh Row

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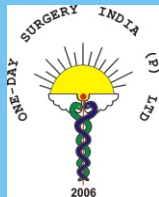
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Surgery & discharge on same day for:

Hernia, Piles, Fistula, Fissure, Diabetic foot, Pilonidal sinus, Ingrown toe nail, Lipoma, Sebaceous cyst, Abscess, Circumcision, Vasectomy, D & C, Tubal Ligation, Diagnostic Lap; etc. (In selected cases)

Extended stay: Appendix, Gall stones, Hysterectomy, etc.



Other Surgeries related to: Paediatric, Urology, Plastic, ENT, Vascular. Chemotherapy & related treatment. (Please take prior appointment).



One Day Surgery Center

BABULNATH HOSPITAL

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Right Inguinal Hernia



Indirect Hernial sac



Incisional Hernia

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