Traumatic lumbar hernia
Laparoscopic approach

Post-graduate-course Belgian Section for Abdominal Wall Surgery
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Lumbar Hernia

• Definition
  Extrusion of intra- or extra-peritoneal content through a defect in the posterolateral abdominal wall

• Congenital or acquired (80%)
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• Congenital or **acquired (80%)**
  ➢ Primary vs **secondary (25%)**
    • Trauma
    • lumbar abscess
    • prior surgical procedure
Triangle of PETIT

Triangle of Grynfeltt

Burt, J Trauma. 2004;57:1363
Traumatic Lumbar Hernia (TLH)

• Rare clinical entity
• First described in 1906
• Mechanism:
  – Blunt trauma (motor vehicle collisions +++)
  – Local tangential shearing forces combined with an acute increase in intra-abdominal pressure
• ILT > SLT > « diffuse type »
Traumatic Lumbar Hernia (TLH)

• Diagnosis is difficult
  – Associated injuries \(\rightarrow\) TLH often not suspected initially
  – Signs and symptoms
    • Flank pain and hematoma
    • Palpable reductible mass with pain and bruising
  – Sometimes later in the postinjury period

• May lead to
  – Remaining pain, inconfort
  – Increase in the size
  – Strangulated hernia

• Computed tomography +++
Traumatic Lumbar Hernia (TLH) Management

- Surgery
- No consensus
- Timing: early vs delayed
- Approach: mesch
  - Open
  - Laparoscopic
- Recurrence? (location, size, comorbidities)
- Individualized management
Case Report

- Man, 28 years old, no medical history
- 6-meter-high fall
- Conscious, hemodynamically stable
- Right wrist and lumbar region pains
- Examination: wrist deformation, painful right flank hematoma
- Rx: Broken wrist
Case Report

- CT imaging: TLH (initially missed)
And then...
(5 months after trauma)

• Remaining right lumbar pain
• Large swelling on the right flank majored during a Valsalva
• CT imaging
Traumatic Lumbar Hernia (TLH)

- Operative procedure 8 months after the trauma with a laparoscopic approach
Post-operative period

- Postoperative period marked by right flank pain and dysesthesia in lateral area of the thigh. Discharged home 3 days later.

- +3 months:
  - No pain, no dysesthesia
  - Clinically excellent results.
  - CT scanner
Thank you!