

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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Lumbar Hernia

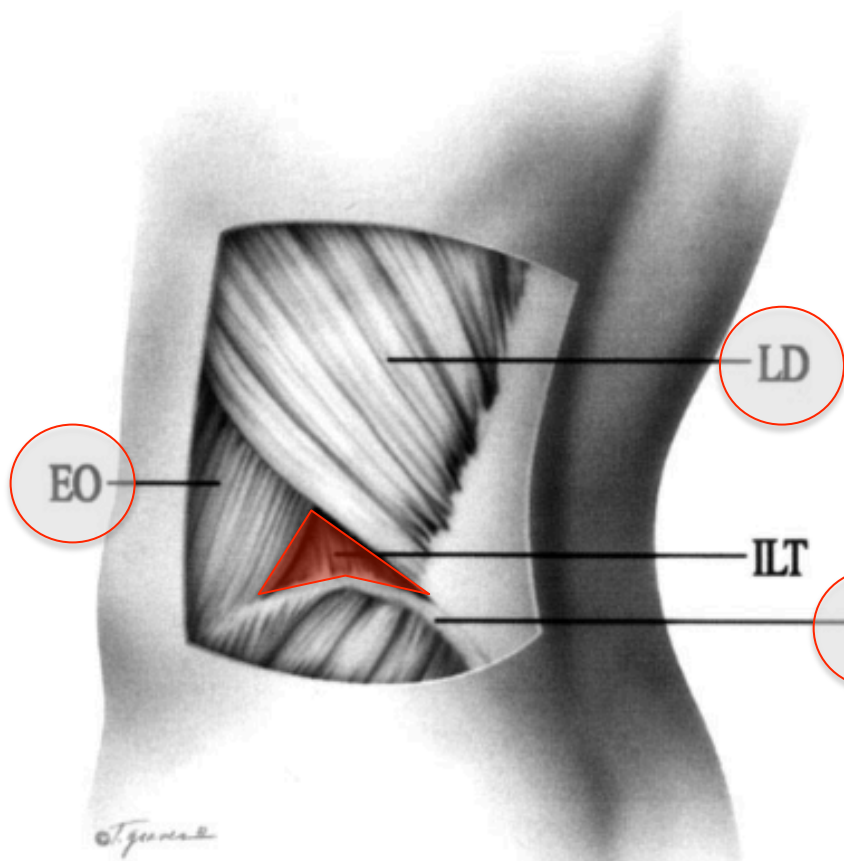
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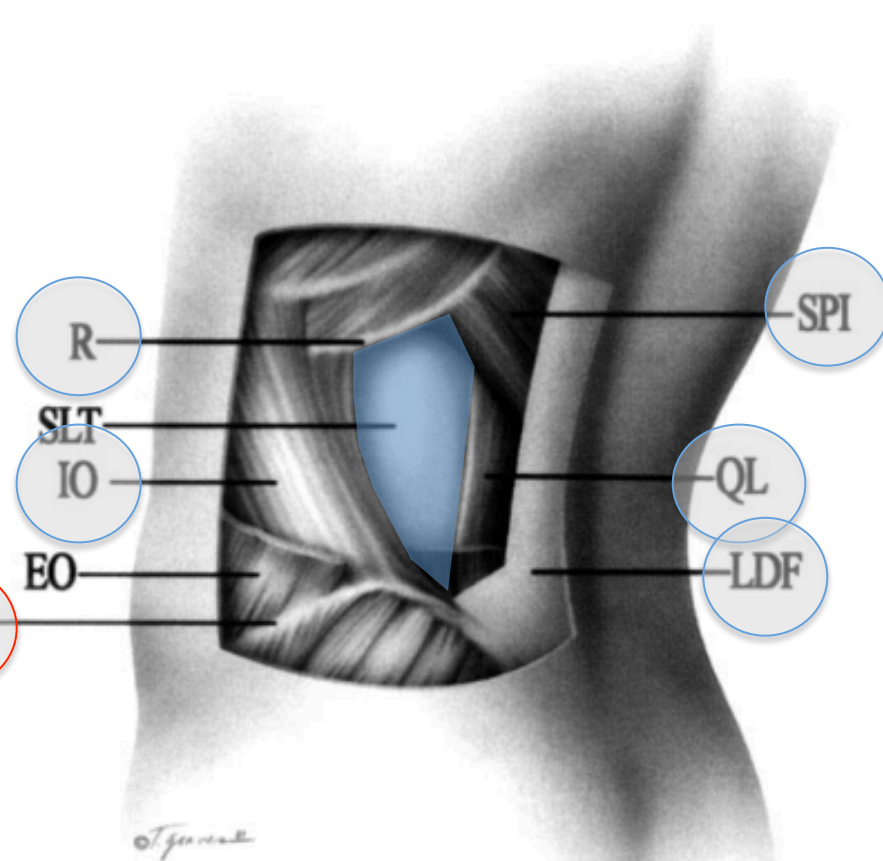
- Congenital or **acquired (80%)**

- Primary vs **secondary (25%)**

- Trauma
 - lumbar abscess
 - prior surgical procedure



Triangle of PETIT



Triangle of Grynfeltt

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
- $ILT > SLT > \text{« diffuse type »}$

Traumatic Lumbar Hernia (TLH)

- Diagnosis is difficult
 - Associated injuries → TLH often not suspected initially
 - Signs and symptoms
 - Flank pain and hematoma
 - Palpable reducible mass with pain and bruising
 - Sometimes later in the postinjury period
- May lead to
 - Remaining pain, incomfort
 - 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

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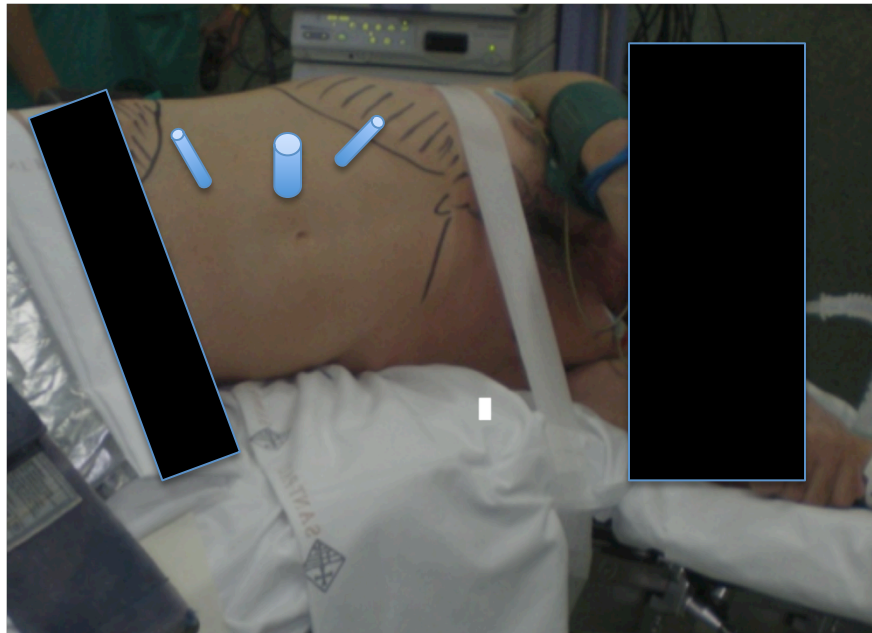
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Traumatic Lumbar Hernia (TLH)

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





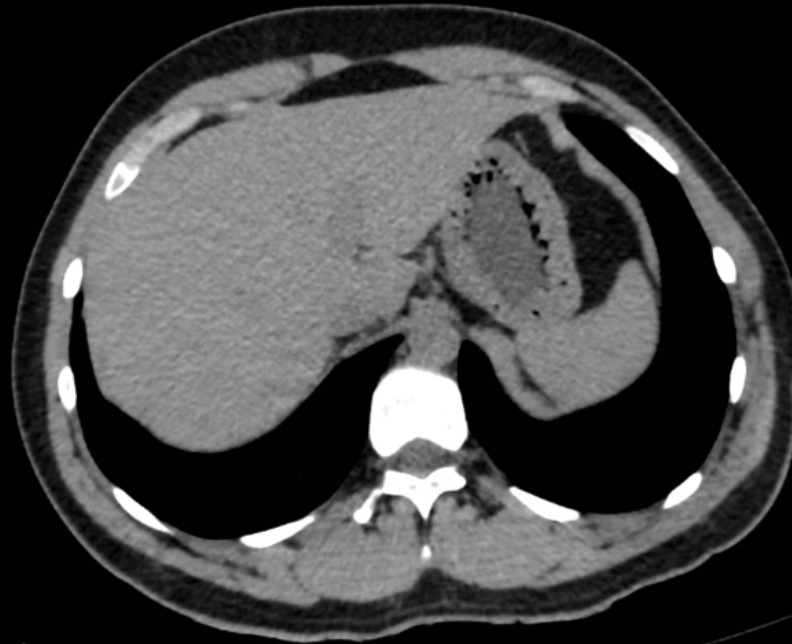
Post-operative period

- 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

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Thank you!