

Para umbilical Hernia



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- Occur through the periumbilical tissues.
- always acquired; common in obese and parous women.
- Contents are usually omentum, small bowel or large bowel.



Clinical features

- Variable in size, up to moderate.
- Paced eccentrically and distorts the shape of the umbilicus.
- Often painful and occasionally strangulate.



Investigations

- The diagnosis is rarely in doubt.
- If there is concern that a palpable lump may be a lipoma or subcutaneous tissue growth, then a CT scan can usually confirm the diagnosis.



Complications

- Adhesions
- Irreducibility
- Obstruction
- Strangulation



Management

- Always surgery
 1. Anatomical repair
 2. Mayo's repair
 3. Mesh repair

