

腹腔鏡手術之好處

腹腔鏡疝氣修補手術是一種依據微創原則來根治疝氣的手術方式，此方式能把外科手術對病人帶來的創傷及痛楚減至最少，而且康復期短。病人一般可在手術後的第一天恢復日常生活，並可在數天後如常工作或運動。腹腔鏡疝氣修補手術方法，所帶來的小切口只會在病人身上留下微小疤痕，相比傳統開腹疝氣修補手術的長切口更為美觀。近期研究更指出，腹腔鏡疝氣修補手術的復發率比傳統開腹疝氣修補手術為低。

養和醫院承諾為病人提供最好的醫療服務。本院能為疝氣患者提供最佳的外科手術方式—腹腔鏡疝氣修補手術。我們希望透過腹腔鏡之手術，使患者不單可避免傳統開腹疝氣修補手術所帶來的創傷及痛楚，更可縮短其康復期，盡快恢復日常活動。

查詢或預約，歡迎聯絡我們

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辦公時間

星期一至星期五：上午九時至下午五時
星期六：上午九時至下午一時
星期日及公眾假期休息

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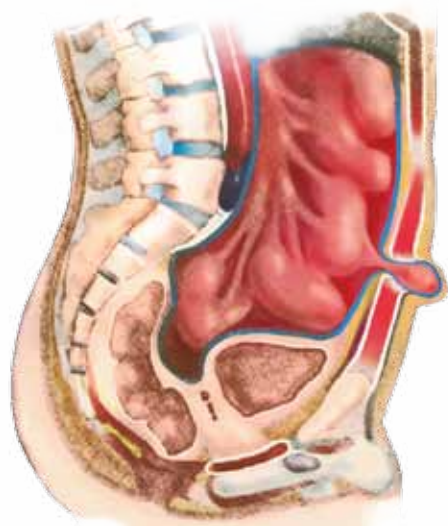
甚麼是疝氣？ (俗稱小腸氣)



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疝氣是一種常見於任何年齡之疾病，當體腔內的器官通過身體腹壁的缺口移動到外層時，便稱為疝氣。疝氣常出現於患者站立或咳嗽時，在其皮下突出一團軟組織，普遍在患者的腹股溝、肚臍週邊或以往手術切口的位置。當患者咳嗽或抬舉重物時，疝氣鼓出的組織會特別明顯。平臥或稍作按摩都可令大多數突出的部份在短瞬間復位。倘若疝氣不能復位，患者便要進行緊急外科修補手術令其復位。



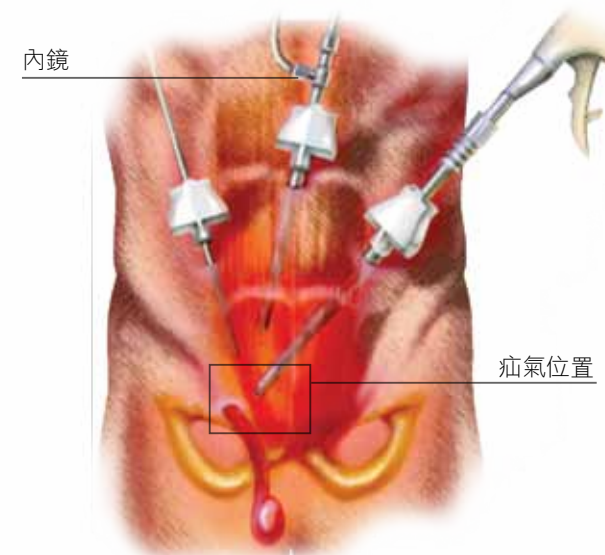
疝氣側面圖

疝氣所引起之問題

所有疝氣均需透過外科修補手術始得以根治，而且成功率相當高。但若不加以理會，疝氣不單令患者感到不適、造成煩擾，當疝氣變得越來越大、不能復位，通常潛在的危險是會把小腸卡住，造成小腸梗阻，嚴重者，更會引致小腸壞死。患者若在不能復位的疝氣位置上過度施加壓力，更會導致小腸穿孔。此外，腹股溝疝氣突出之組織往往會垂至陰囊部份，造成明顯的變形。

治療疝氣之方法

為使所有由疝氣引致之問題得以解決，採取外科疝氣修補手術是必須的。一般來說，治療疝氣可採用兩種手術方式：傳統開腹疝氣修補手術及腹腔鏡疝氣修補手術。採用傳統開腹手術方式，外科醫生會在患者的疝氣部位皮膚上作一個五至十公分的切口進行修補。而腹腔鏡疝氣修補手術，在過去十年間已發展成熟，外科醫生只須透過在肚臍上的一個一公分切口及兩個於下腹部的半公分穿刺孔，便能完成疝氣修補。



疝氣手術（內鏡放置位置）

腹腔鏡疝氣修補術是怎樣進行？

進行腹腔鏡疝氣修補手術時，病人需要接受全身麻醉。外科醫生首先會在病人的肚臍下半邊緣作一個一公分的切口，用來放置已接駁攝錄機及光源之腹腔鏡。隨後，外科醫生會在病人的腹壁與腹膜之間創造一個空間，透過攝錄機投射在螢光幕上的情況，清楚找出腹壁內的缺損及疝氣的位置，通過兩個於下腹的半公分穿刺孔將兩枝細長的儀器放入腹壁內，在疝氣缺損的位置上進行修補，並放入一塊補片覆蓋疝氣缺損的位置。而補片會在病人復原期間強化腹壁內的缺損，使疝氣能得到完全的修補效果。

Advantages of the Laparoscopic Method

Laparoscopic hernia repair is a reliable way to fix the hernia using minimally invasive principles. With minimum trauma associated with the method, the patient usually feels minimal pain and can be up and about right after the surgery. The patient can usually get back to normal daily activities the day after surgery and return to work or sports a few days after surgery. The tiny scars resulted from the small incisions in laparoscopic hernia repair is much better looking than the longer surgical scars of the open surgical method. Recent studies of laparoscopic hernia repair have shown that the recurrence rate following laparoscopic repair can be kept at a very low level when compared to the best open hernia repair method.

Hong Kong Sanatorium & Hospital is committed to providing the most up-to-date and the best service to our patients. Laparoscopic hernia repair which is the most patient-friendly approach for fixing hernias is now available. With the laparoscopic approach, we hope that our patients do not have to undergo the sufferings and pain of conventional open hernia operations. Our patients can also benefit from the minimally invasive surgery and can return to their normal activities at the earliest possible time.

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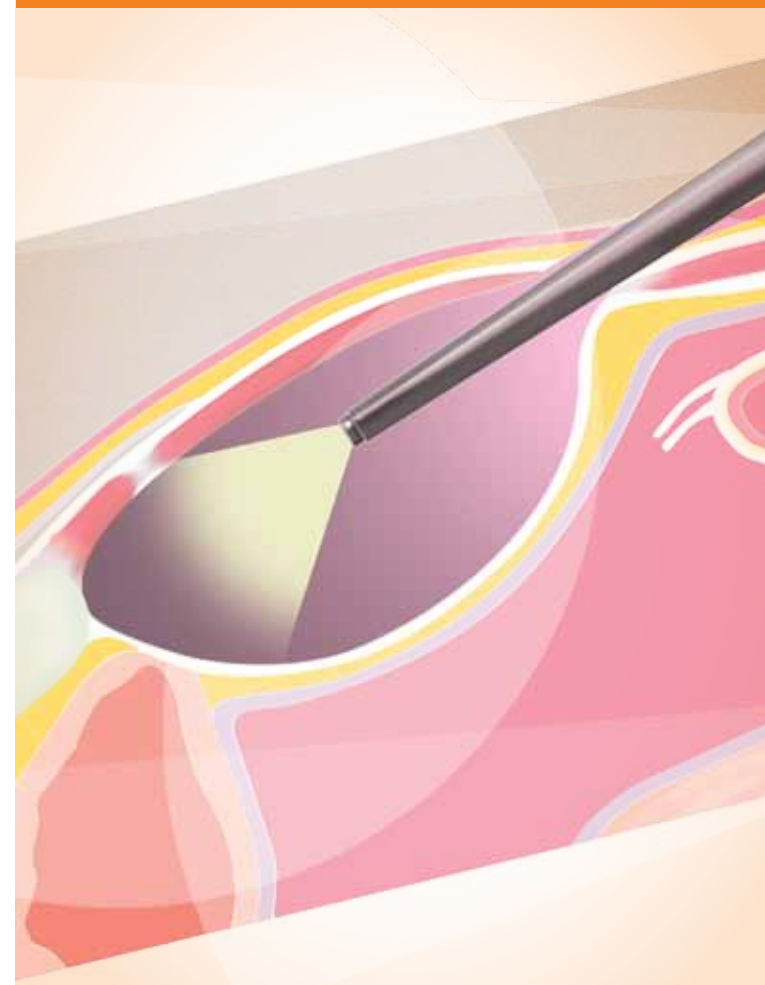
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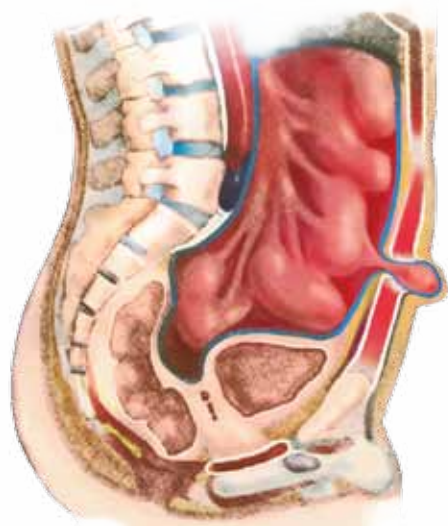
What is Hernia?



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Hernia is a common condition that occurs in all ages and is amenable to surgical treatment with a high success rate. Hernia presents as a bulge underneath the skin which frequently appears on standing up and when one coughs. Hernias commonly appear in the inguinal region, at around the navel and at sites of previous surgical incisions. All hernias are formed because of an underlying deficiency in the abdominal muscle wall. The bulge of the hernia can be made prominent when one strains the abdomen during cough or weight lifting. Most hernias can either be reduced spontaneously when lying in bed or with a gentle massage on the hernia. If the hernia cannot be reduced, it requires urgent surgery for reduction.



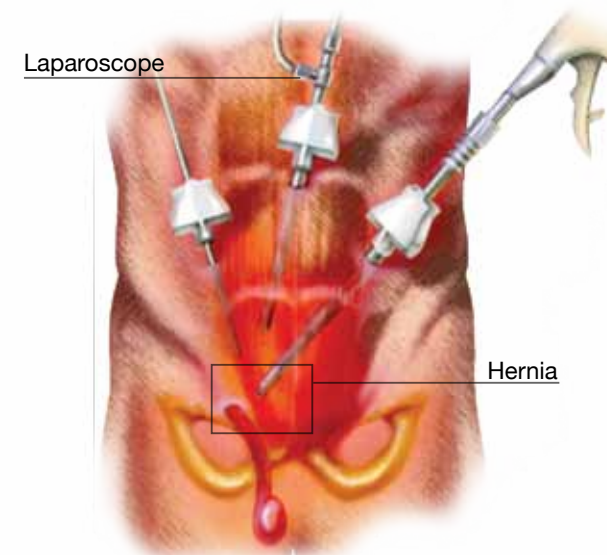
Lateral view of hernia

Problems Associated with Hernia

All hernias will not be resolved without surgical treatment. If left untreated, the hernia may get bigger in time and become irreducible. There is always a danger of trapping the intestine in the hernia leading to blockage of the gut, and in severe cases, endangering the viability of the bowel. Hernias usually get bigger and cause a lot of discomfort and inconvenience to patients. In inguinal hernias, the groin bulge can extend downwards to the scrotum and cause significant disfigurement. Undue external pressure on the hernia may cause injury or even perforation of the bowel inside the hernia, especially if the hernia cannot be reduced. In order to solve all problems associated with hernias, surgical repair is necessary.

Ways to Fix a Hernia

There are two ways to fix a hernia in general: the open surgical method or the minimally invasive approach with the use of laparoscopy. The open surgical method will require an incision of about 5 to 10cm to the skin over the site of the hernia in order to repair the abdominal defect. In the last decade, a new method of laparoscopic approach has been developed. All it requires are a 1cm incision at the belly button and two other 0.5cm puncture holes at the lower abdomen for the completion of the repair.



Hernia repair operation (positions of instruments)

How Is Laparoscopic Hernia Repair Performed?

General anaesthesia is usually required and recommended. A 1cm incision is made at the lower border of the belly button for the insertion of a laparoscope connected to a camera and a light source. A space is then opened in the abdominal wall just in front of the peritoneal lining. This is the space in which the deficiency in the abdominal wall of the hernia can best be visualized. The image of the operative field is projected onto the TV monitor for the surgeon to conduct the surgery. Two slender instruments are put into the space via two puncture holes 0.5cm in size on the skin for operating. The hernia is then reduced under laparoscopic vision and a patch (artificial mesh) is put into the space to cover the hernia defect. On healing, the deficiency of the abdominal muscular wall is strengthened by the mesh to produce a sound hernia repair.