

ONSTEP – an innovative new procedure between Lichtenstein and TIPP; preliminary results

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ORIGINAL ARTICLE

The ONSTEP inguinal hernia repair technique: initial clinical experience of 693 patients, in two institutions

A. Lourenço · R. S. da Costa

Patient Population

Patient population	693 patients
Gender	Male – 579 (81.8%) Female – 114 (18.2%)
Age	18-86 years (mean 60.6 +/-7.5)
Direct hernia	254 (37%)
Indirect hernia	429 (62%)
Femoral hernia	10 (1%)
Previous hernioplasty	76 (11%)

Procedure & Post Operative Details

Duration of surgery	12 - 32 minutes
Mean duration of surgery	17 minutes +/- 6 minutes
Time to discharge	2-23 hours
Time to return to daily activities	3-10 days
Mean time to return to daily activities	6.1 +/- 3 days

Complications

Seroma	3 (0.4%)
Haematoma	2 (0.3%)
Wound infection	3 (0.4%)
Residual pain	4 (0.6%)
Recurrence overall	4 (0.6%)
Females recurrence	3/114 (2.6%)
Males recurrence	1/579 (0.2%)

The Lourenço/Soares da Costa Study

Conclusions

- Alternative to other open techniques
- Experience suggests that
 - the technique is simple and reliable
 - short learning curve
 - short duration of surgery
- Overall complication rate was low (1.0%) as were the overall recurrence rate (0.57%) and levels of pain (0.6%)
 - 4 cases of residual discomfort resulted
 - 3 cases required the removal of the mesh ring
 - Zero complaints of pain at 1 year

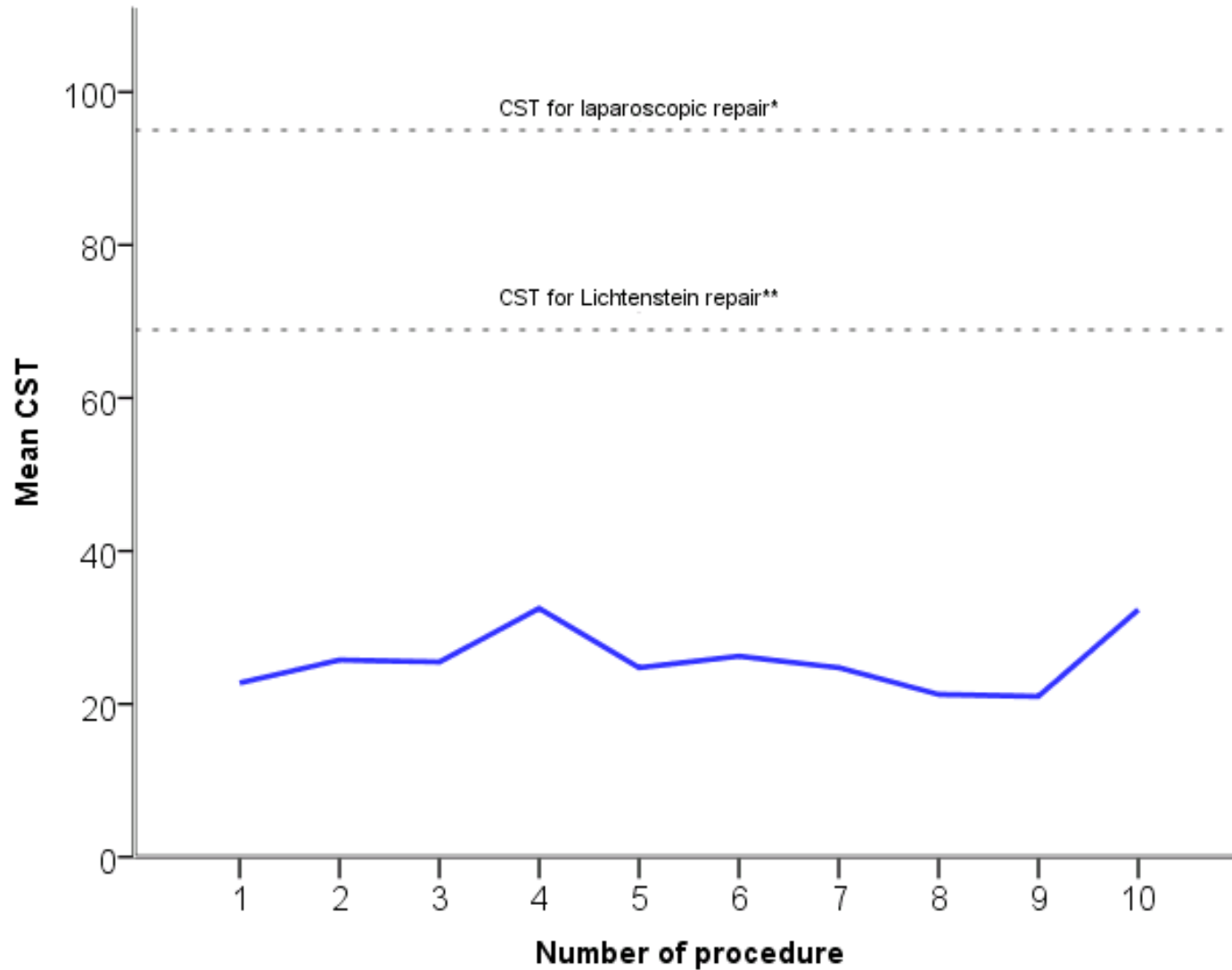
Copenhagen experience: 2012

- 75 patients, 62 responded to questionnaire
- All patients as day cases
- All patients under GA with bupivacaine blocks

Copenhagen experience: 2012

- Perioperative complications: 0
- Late complications:
 - Ring removed 1
 - Recurrence 1
 - Chronic pain 0

Cut to suture time for the first 10 Onstep procedures



ongoing studies:

- **case series in different countries**
- **learning curve for experienced hernia surgeons**
- **learning curve for novice surgeons**
- **ONSTEP versus Lichtenstein, RCT**
- **ONSTEP versus TAPP, RCT**

conclusions

- **extremely low levels of pain and complications**
- **short learning curve**
- **fast procedure**

- **results look very interesting**
- **may be the awaited solution to reduce chronic pain**
- **ongoing studies in different countries**