The Iskandar Complex Hernia Center Addresses Intraperitoneal Underlay Mesh Repair for Ventral and Incisional Hernias in Waxahachie, Texas

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The Iskandar Complex Hernia Center, a general surgery practice located in Waxahachie, Texas, has published a clinical resource examining intraperitoneal underlay mesh repair, a minimally invasive hernia surgery technique used in the treatment of ventral hernias, umbilical hernias, and incisional hernias. The article, titled "Intraperitoneal Underlay Mesh (IPUM) Repair," is authored by Dr. Mazen E. Iskandar, MD, FACS, and addresses surgical methodology, clinical indications, evidence base, and the evolving position of IPUM within contemporary abdominal wall reconstruction practice. The publication supports patients and referring physicians across the Dallas-Fort Worth metropolitan area in understanding the full range of complex hernia repair options available at the Waxahachie center.

IPUM repair involves placing a coated prosthetic mesh directly against the peritoneum, the inner lining of the abdominal cavity, to cover and reinforce a closed hernia defect. Unlike sublays and onlays, which position mesh between or above the muscle layers, IPUM places the repair material within the peritoneal cavity itself. Meshes used in this technique are typically coated with a barrier layer to reduce the risk of adhesion formation and erosion into intestinal structures. The procedure is performed using minimally invasive

approaches, with surgeons accessing the affected area through small incisions to limit operative trauma and support faster recovery. A variant known as IPUM-plus, in which the hernia defect is also closed with surgical suture before mesh placement, is generally favored over the standard approach, as leaving the defect open has been associated with higher recurrence rates and post-operative bulging.

According to the article, IPUM is primarily indicated for small to medium abdominal wall hernias with defect diameters of 5 centimeters or less and is particularly well suited to umbilical and incisional hernias, conditions regularly treated at the Waxahachie practice. Evidence cited in the article includes a 2023 cohort study published in a peer-reviewed surgical journal, which reported comparable recurrence rates between IPUM and sublay repairs for hernias smaller than 5 centimeters. A separate clinical trial cited in the resource found significantly lower postoperative narcotic use among patients undergoing laparoscopic IPUM compared to those receiving open mesh repair. Additional meta-analysis data referenced in the overview confirms that chronic pain, seroma formation, and infection are recognized risks, but that these outcomes occur at similar or lower rates compared to other repair types when established best practices are followed. Patients from Dallas, Fort Worth, Midlothian, and throughout the Dallas-Fort Worth metropolitan area seeking minimally invasive hernia surgery or abdominal wall reconstruction are treated at the center's Waxahachie location.

"IPUM is not usually a preferred first choice, but remains an important tool in a surgeon's armamentarium," said Dr. Mazen E. Iskandar, MD, FACS, board-certified general surgeon, Surgeon of Excellence in Hernia Surgery, and founder of The Iskandar Complex Hernia Center. "For most patients, an extraperitoneal mesh repair is preferred, where the mesh is placed behind the peritoneum or between the muscle layers to exclude it from the abdominal cavity and minimize risks. However, for many patients, IPUM may be the only viable option due to factors such as previous surgery, where the peritoneum or other fascial planes are not adequate and do not lend themselves to an extraperitoneal approach."

The article also examines the broader shift in surgical preference toward extraperitoneal techniques, noting that growing data on adhesion risk and mesh erosion has led many surgeons to pursue retromuscular, totally extraperitoneal, and other extraperitoneal repairs when technically feasible. The Iskandar Complex Hernia Center offers robotic-assisted hernia repair, laparoscopic hernia surgery, and open abdominal wall reconstruction to patients across the Waxahachie and Dallas-Fort Worth region, with repair selection guided by each patient's anatomy, prior surgical history, and clinical presentation.

The practice is located at 2360 N Interstate 35 E Rd, Suite 310-B, within Baylor Scott & White Medical Center in Waxahachie, Texas 75165, and serves patients from Dallas, Fort Worth, Midlothian, and communities throughout the Dallas-Fort Worth metropolitan area. Driving directions for patients traveling from the Dallas-Fort Worth region are available via Google Maps.

For more information about complex hernia surgery, minimally invasive hernia repair, and abdominal wall reconstruction at The Iskandar Complex Hernia Center in Waxahachie, Texas, visit https://iskandarcenter.com or view the practice's Google Business Profile. The center continues to publish clinical resources on hernia repair techniques for patients and referring physicians throughout North Texas.

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The Iskandar Complex Hernia Center

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