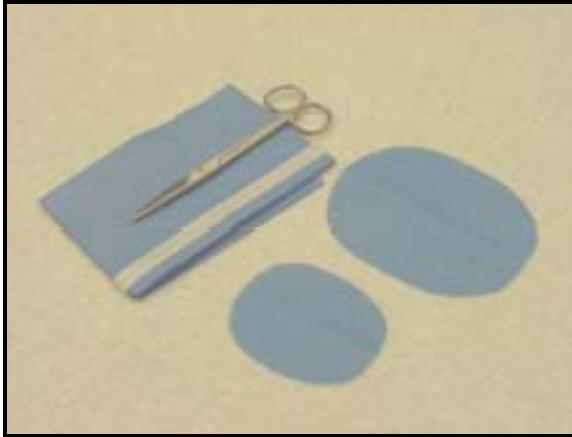


LAP HERNIA REPAIR **(with adhesions)**



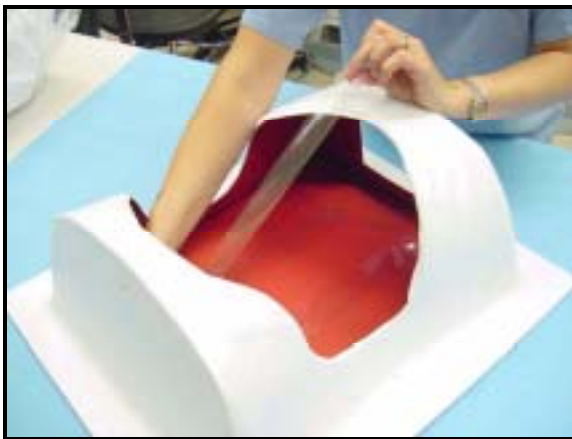
Ingredients

- Lap trainer
- Blue paper towels
- Opsite
- Clear scotch tape
- Poly Craft, polyester fiber
(to create adhesions)

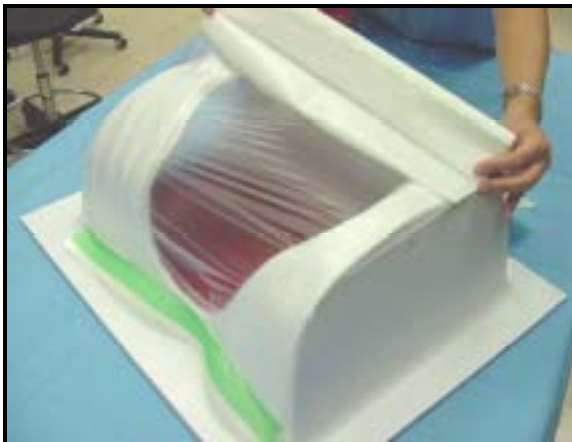


Steps

1. Out of paper towel, cut off ovals of sizes that will depend on the sizes of available meshes (e.g. 3x5 cm or 7x8 cm) to represent a “shadow image” of a hernia



2. Put several strips of clear scotch tape (with the sticky side facing upwards) onto the bottom of a trainer to anchor adhesions



3. Put a sheet of opsite on the top part of the trainer with tension to simulate peritoneum and secure adhesions.

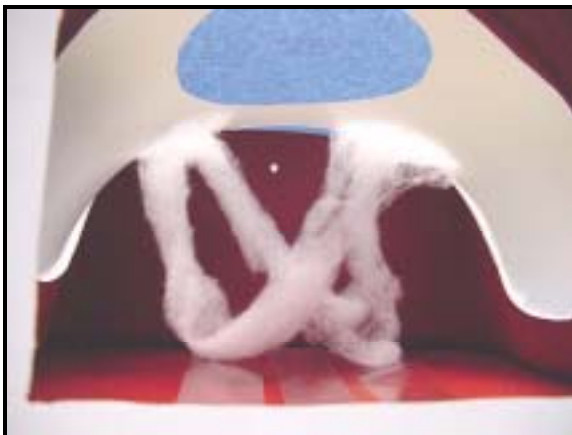


4. Position “oval hernia shadows” and secure them to the opsite. The level of difficulty of the model can be elevated by adding adhesions

- The model can accommodate 2 hernias of medium size



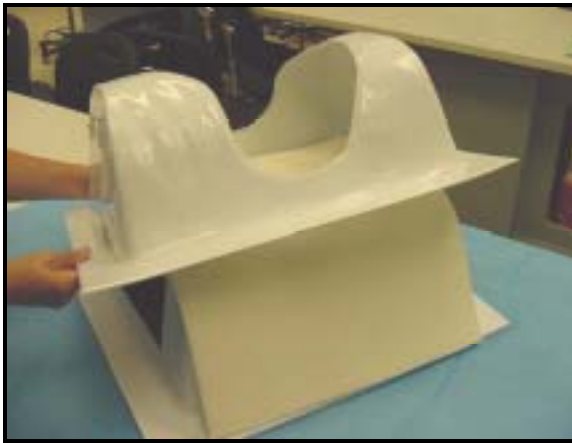
5. Through the side door introduce and secure long strips of polyester fiber to the top and bottom portions of the abdominal cavity around the hernia shadow.



A side view is offered to demonstrate the positioning of the adhesions.



6. Cover the opsite with skin



7. Secure the skin with plastic cover and lock it in