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U P D A T E D

# Steps of Ponka

## Local Anesthesia for Inguinal Hernia Repair

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*presented by*

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**J. Ponka – SG&O, July 1963**

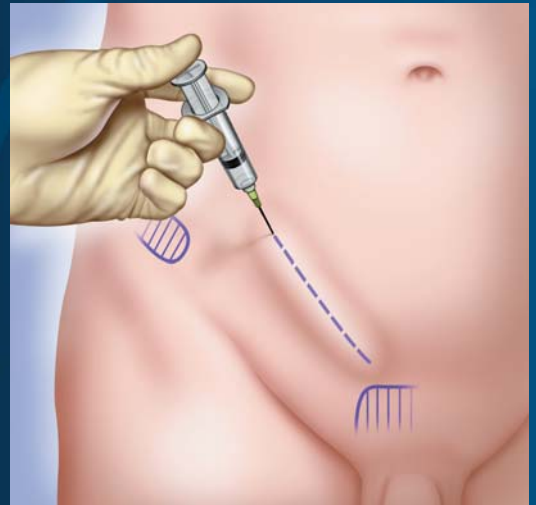


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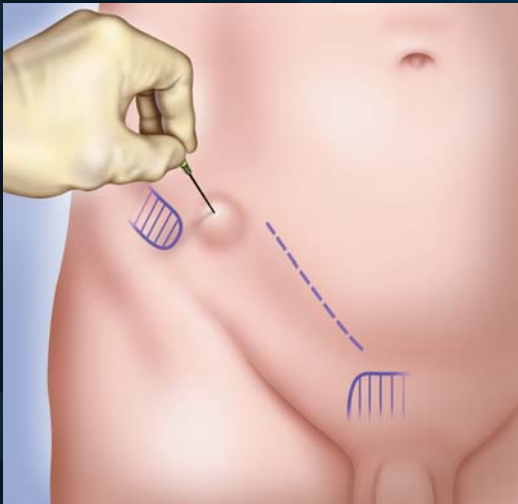


1. Mark the incision site, anterior iliac spine and pubic tubercle.
2. Inject incision site with 3cc of 1% lidocaine with epinephrine mixed with 7cc of 1/2% lidocaine.

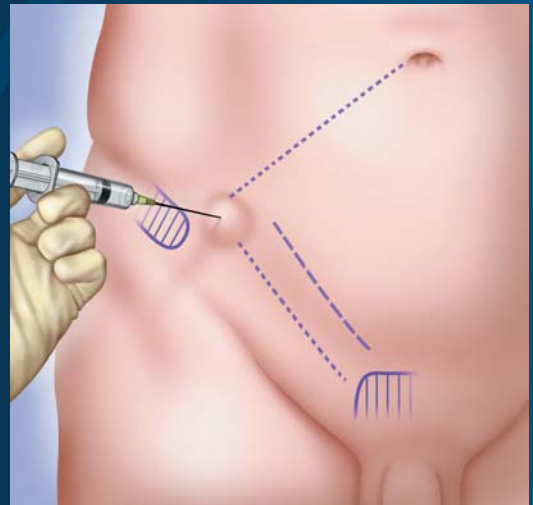


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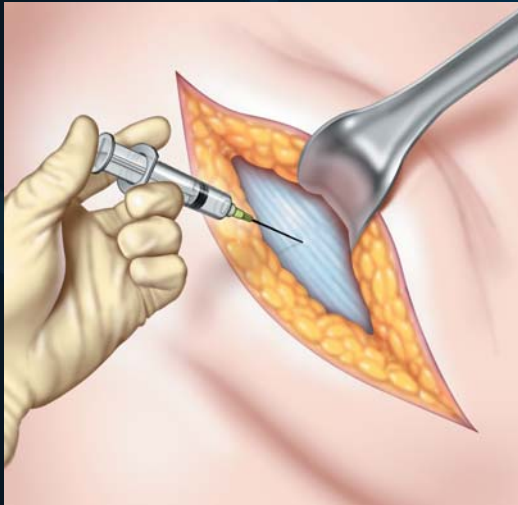
3. Raise a skin wheal 2cm medial and slightly superior to the anterior iliac spine. Hold a slightly blunted 20 gauge, 1½ inch needle between your fingers and place it through the wheal – feel it penetrate the external oblique fascia – inject 10 cc of ½% lidocaine.



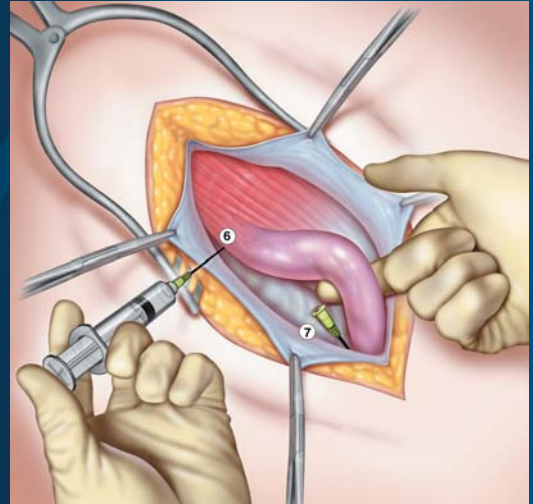
4. With a 22 gauge long (spinal) needle through the wheal, inject ½% lidocaine toward the umbilicus and do the same parallel to the inguinal ligament and across the mid line superior to the pubic tubercle.



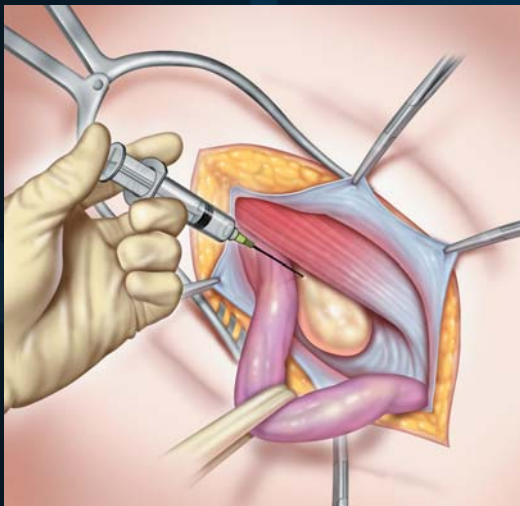
5. After the incision, inject 5cc through the external oblique fascia.



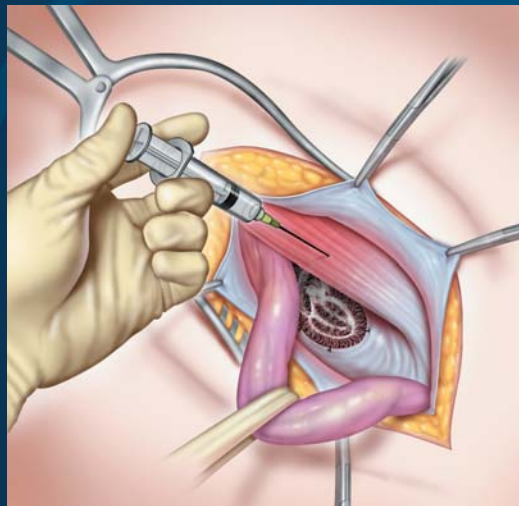
6. Inject the base of the cord.  
7. Inject the region adjacent to the pubic tubercle.



**8. Inject the base of the sac.**



**9. Following the repair (before placing the onlay) inject the internal oblique muscle, and then the subcutaneous tissue with bupivacaine as the incision is closed.**



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*Excerpted from:*

*“Pathology of Traditional Surgical Nets for Hernia Repair After Long-Term Implantation in Humans”*

*B. Klosterhalfern, U. Klinge, B. Hermanns and V. Schumpelick*

*Der Chirurg 2000;71:43-51*

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