

# Melomed Mitchells Plain Performs Life-Changing Advanced Keyhole Surgery for Complex Giant Hernia

**Melomed Mitchells Plain Hospital has once again demonstrated its clinical excellence with the successful treatment of a highly complex giant hiatus hernia, using advanced minimally invasive (keyhole) surgical techniques.**

A 60-year-old patient from the Eastern Cape, who had endured years of severe heartburn, chest tightness, and breathing difficulties, finally found relief after undergoing **a specialised laparoscopic procedure performed by Dr Mohammad Arif, Specialist General Surgeon** at Melomed Mitchells Plain Hospital.

Despite long-term use of antacids and proton pump inhibitors, her condition continued to worsen. She had previously been offered traditional open surgery (laparotomy), which she declined due to its invasive nature.

## A Rare and High-Risk Condition

Upon assessment at Melomed Mitchells Plain, the surgical team identified an exceptionally severe case. Approximately 80% of the patient's stomach, along with part of her transverse colon, had moved into the chest cavity - placing pressure on vital organs including the left lung and thoracic aorta.

This far exceeded the threshold of a typical giant hiatus hernia, making the procedure significantly more complex and high risk.

## Expert Care Using Advanced Minimally Invasive Techniques

Rather than proceeding with traditional open surgery, the Dr Arif successfully performed a laparoscopic (keyhole) mesh repair, offering the patient a safer, less invasive alternative with faster recovery.

## The intricate procedure involved:

- Carefully repositioning the stomach and colon back into the abdominal cavity
- Reconstructing and lengthening the oesophagus using a Collis gastroplasty
- Performing a fundoplication to prevent reflux and recurrence
- Reinforcing the defect with a specialised surgical mesh for long-term stability

This highly specialised surgery required exceptional precision and coordination, supported by a skilled multidisciplinary team including Dr Atia Mayet (Cardio Thoracic Surgeon at Melomed) and the anaesthetic team, as well as experienced theatre and ICU staff.

## Outstanding Patient Outcome

- The patient's recovery was smooth and uneventful.

Within days, she experienced:

- Significant relief from chronic heartburn
- No further shortness of breath
- Resolution of chest discomfort

**She was discharged just one week after surgery and is expected to make a full recovery, with gradual return to normal eating habits.**

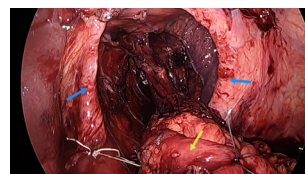
## Delivering World-Class Surgical Excellence

"This case highlights the level of expertise and advanced care available at Melomed Mitchells Plain," says Dr Arif. "Even highly complex conditions can be managed safely and effectively using minimally invasive techniques, with excellent outcomes for our patients. *I would also like to extend my sincere gratitude to Dr Maahir Kariem for the referral and trust, Dr Atia Mayet and the anaesthetic team for their exceptional intraoperative support, assistant surgeon Dr T van der Merwe, as well as the ICU and surgical ward nursing teams for their outstanding care. This successful outcome is truly the result of a dedicated multidisciplinary team effort.*"



## A Commitment to Patient-Centred Care

Melomed continues to invest in advanced surgical capabilities and highly skilled medical teams, ensuring that patients have access to world-class healthcare close to home. This successful case not only transformed one patient's quality of life but also reinforces Melomed's position as a leader in innovative, patient-focused surgical care.



Blue arrow indicates the Hiatus / Opening. Yellow arrow indicates Fundoplication



A large netted mesh has been placed to cover the large Hiatus