Title: Uncommon Complication of Paediatric Umbilical Hernia: Spontaneous Evisceration. Case Report and Literature Review

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Abstract

The umbilical hernia is common in children. Most of the cases have a spontaneous regression around the age of 3 years. Complications are very rare and thus surgery is not routinely indicated before the age of 3 years. We report an exceptional case of spontaneous rupture of an umbilical hernia with emphasis on the management of this rare complication and a literature review of similar cases.

CONCLUSION

Rupture of an umbilical hernia is exceedingly rare in paediatric population; such case report should alert physicians to the potential risk factors for spontaneous rupture such as increasing intra-abdominal pressure and in these patients expedite surgical repair.

Keywords: Umbilical hernia; Spontaneous evisceration.

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