

Risk Factors in the Development of Rectus Sheath Hematoma and Treatment Modalities

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Abstract

Background: In this study, we aim to present the clinical features of patients with rectus sheath hematoma (RSH), as well as the condition's therapeutic management and results.

Methods: The study included patients who were diagnosed with and received treatment for spontaneous RSH between the years 2010 and 2020. The demographic and clinical features of the patients, as well as follow-up parameters, were analyzed retrospectively.

Results: Our study included 53 patients. The number of female patients was twice as many as the number of male patients. The median age was 65.7 ± 14.68 years, and 63.3% of the patients were over the age of 65. The most frequently used anticoagulant was warfarin (30.1%), and it was most often used for heart diseases (54.7%). The international normalized ratio value at the time of admission to the hospital was 1.93 ± 1.18 , and the hemoglobin value was 11.2 gr/dl. The average hematoma diameter was 74 mm, and the most common stage was type I (75.6%). Of the patients, 90.6% were followed up conservatively. The average duration of hospital stay was 15.1 days, and mortality occurred in eight patients during their hospital stay.

Conclusion: Spontaneous RSH should be considered for elderly female patients who have used anticoagulants. Most patients are followed up medically, but mortality is still high.

Key words: rectus sheath hematoma, abdominal pain, conservative approach, anticoagulant therapy, surgical therapy, diagnosis