



# Laparoscopic Surgery

Women are the fairer and the weaker section of society. With all their grace and poise they adorn the society and make it a beautiful place to live in. They are the centre piece of human existence, “The Home”. She bears the brunt of running the house, getting pregnant, delivering and raising children. Her cares are endless and physiological process like monthly menstruation, pregnancy, delivery, lactation and then menopause. All these physiological process make her prone to several diseases which are unique to women only. Since she is the axis behind running the wheel of family life her sickness brings life for the whole family to a standstill. So, there is an instant need to address her health issues in a manner which makes her recovery process much shorter and she gets back to work with faster recovery.

For several of these altered physiology turned diseases we need a surgery. Before the 1980s, the majority of gynaecological operations were performed through large, open abdominal or occasionally vaginal incisions. These were safe but tended to be painful, invasive and had a long recovery time. With advances in technology it is now possible to use keyhole surgery for many gynaecological operations. Keyhole surgery is minimally invasive surgery which allows viewing (Diagnostic) and surgical manoeuvre (Therapeutic) to be performed in abdominal organs through a surgical incision of 5mm. With the help of pneumoperitoneum Laparoscopy represents one of the greatest advances in surgery in recent years. The advantages to the woman are significant and include: Less pain, Quicker recovery, Shorter hospital stay, Minimal scars and quicker return to normal activities. It is also known as minimally invasive surgery. Key hole surgery and Belly button surgery, because the incisions are so small that they can be covered with adhesive bandage strip. And the routine surgery conducted by a big abdominal scar is a scary scenario today. Firstly, the big unsightly scar gives a scarred abdomen. Then the recovery phase is painful, prolonged and return to normal work takes anywhere between eight to ten weeks. So, the occurrence of a surgery comes as a big jolt for the family.

To counter the cosmetic and recovery



phase challenges laparoscopic or key hole surgery has made its advent/entry in the armamentarium of gynaecologists. The dictum is “Why open door, when you can use the Key Hole” Truly when the abdomen can be reached by a five millimeter incision why slit open the abdomen from one end to the other. By small 5mm incisions the same job, or rather still, a better surgical job can be accomplished. By the virtue of high definition microcamera the female organs are superbly seen on a TV monitor and the gynaec surgeon operates by tiny holes without the need of introducing her hands inside the abdomen. This exclusive surgery is carried out by lasers and sophisticated equipment and instruments which do not cause any deleterious effects on the body tissues and functions. Since there is no cutting and tying the body tissue being dealt by lasers they heal very fast and cause much less pain. As the whole abdomen when cut open and stitched back in several layers causes a lot of pain in movement and prolonged recovery. This leads to loss of working hours at work and home front. Moreover with modern techniques the female reproductive organs are displayed in such magnification and clarity which can never be seen in open surgery. So, laparoscopy offers a better, clean surgery with less discomfort to the patient with faster healing and early resumption of routine normal activities.

Laparoscopic surgery in the modern era has special applications in infertility and gynaecology. As the age of marriage is getting deferred to late twenties and even thirties in metros and carrier-driven upfront women, infertility or failure to conceive is



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much on the rise. The procedure of assessing and opening up of blocked tubes is best carried out by laparoscopy and has the potential of making the dream of becoming mother, a reality. Other factors causing infertility and excessive menstrual blood loss and painful menses could be because of tumours or cysts of the ovaries and uterus. Excessive blood loss is common with fibroids which can now be removed by laparoscopy. By the virtue of small incisions even large tumours of up to several kilos can also be removed by laparoscopy and patient walks comfortably after six hours of surgery and can go back home in the evening. She can resume normal diet and activities very quickly as there are no “BIG CUTS” to heal and the most beautiful part is the uterus recovers from this surgical trauma fast and regains capabilities of conceptions in women wanting pregnancy.

Ovaries, the seat of hormone production, also can give rise to several cysts formation and endometriosis which give rise to painful periods and may cause infertility. Laparoscopy plays a major role in correction of diseases of the ovaries without causing loss of function.

Hysterectomy, the most commonly performed female gynae surgery is beautifully performed by a small cut which gets totally buried inside the belly buttons.

Laparoscopic Hysterectomy does not give any scarring when done by the laparoscope. Additionally it does not cause any vaginal scarring or shortening, so there is better sexual function after laparoscopic surgery. Ovaries are not removed, so the woman does not suffer from sudden surgical menopause. Early resumption of household activities makes it the procedure of choice in the modern-day scenario.

So, it looks like an era has ushered where laparoscopic surgery done by the key hole has made its impact by better cosmetic and functional results. It gives a wide spectrum of applications in the field of infertility and gynaecology and has become the procedure of choice.

