

# Laparoscopy

- ▶ Less pain following the procedure.
- ▶ Less risk of complications.
- ▶ A shorter hospital stay and a quicker recovery.
- ▶ A much smaller scar.
- ▶ Small incisions
- ▶ Less postoperative time
- ▶ Less chances of wound infection
- ▶ Less chances of port site hernia
- ▶ Shorter hospital stay
- ▶ Faster recovery
- ▶ Reduced blood loss

Laparoscopy is a Surgical procedure used to examine the interior of the abdominal or pelvic cavities for the diagnosis or treatment (or both) of a number of different diseases and conditions.

The advantage of laparoscopy is that only a small incision is required; this is why laparoscopy is also known as 'keyhole surgery'. Laparoscopy greatly reduces the patient's recovery time.

Laparoscopy examines the interior of the abdominal or pelvic cavity using a slender tube (laparoscope) inserted through a small incision. The laparoscope contains fibre-optic camera heads or surgical heads (or both). The laparoscope transmits images to a video screen in the operating room. Prior to the advent of laparoscopy, doctors had to make large openings and cut through layers of tissue in order to examine internal organs.

## Problems diagnosed or treated by laparoscopy

laparoscopy can be used to investigate or treat (or both) cancerous and non-cancerous conditions of the kidney, blockages of the ureter, bladder disease and incontinence.

### Cancers

Kidney & Ureter

Bladder

Prostate

Testes

Adrenal

### Non Cancers

Nephrectomy

Donor Nephrectomy

Renal Cyst

Selected cases of urinary  
Stones

Cases of Obstructive  
Uropathy

Selected Case of Benign  
Prostate

Undescended testes issues

Stress Incontinence

### Reconstructive

Pyeloplasty &  
Ureteric Reconstructions

Urinary Fistula

## Medical issues to consider

Before the procedure, you need to discuss a range of issues with your doctor or surgeon including:

- The likely outcome of surgery
- The possible risks and complications of laparoscopy  
Medical history.
- Allergic reactions to any drugs or prior problems
- Anaesthesia Suitability.

## Operation procedure [Basic](#)

Laparoscopy is performed under general anaesthetic, depending on the nature of the procedure. After the incision is made (usually next to the navel), the laparoscope is inserted into the abdominal cavity.

Either carbon dioxide or nitrous oxide gas is then passed into the cavity to separate the abdominal wall from the underlying organs.

This makes examination of the internal organs easier.

Anywhere between one and three more incisions are made to allow access to other surgical instruments, for example, a laser. Once a diagnosis is made or the problem is removed (or both), the instruments are taken out, the gas allowed to escape and the incisions sewn shut.

The stitches may need to be removed by the doctor at a later stage or else they will dissolve by themselves.

[Sample Lap. Pyeloplasty](#)

## Immediately after the laparoscopy

After the procedure, you can expect:

- Soreness around the incision site.
- You may need painkilling medication  
Shoulder pain, caused by the gas pumped into the abdominal cavity
- A sensation of abdominal bloating
- Nausea
- Abdominal cramps
- Constipation
- For pelvic procedures only, light bleeding or discharge from the vagina

## Possible complications of laparoscopy

All Open surgical Complications are possible. Some of the possible complications following laparoscopy include:

- Cardiac arrhythmias
- Puncture of internal organs or the body's main vessel
- Bleeding into the abdominal cavity
- Blood clots in the veins of the legs
- Allergic reactions to the anaesthetic
- Ascites – temporary fluid leakage from surgical wounds
- The necessity to switch from laparoscopic to open surgery in the case of unforeseen complications

## Taking care of yourself at home

Patients are advised not to drive home following Discharge due to the medication given prior to the procedure – make sure you have a relative or friend to take you home from hospital or call a taxi

Be guided by your doctor but general suggestions include:

- Most patients are able to resume normal activities within a few days to one week.
- Don't engage in any strenuous physical activity for about a week or so.
- Remove your bandages the following day. Keep wounds dry.
- Following a pelvic laparoscopy, use sanitary napkins instead of tampons to cope with any vaginal bleeding or discharge.
- If you experience high fever, chills, vomiting, difficulties urinating, increasing redness at the incision site or a worsening of pain, contact your doctor immediately.

## Laparoscopy

The small incisions mean that recovery time is quite fast.

Most patients can return to their normal activities within one week of surgery. Postoperative pain resolves within a few days and the scarring is minimal.

The necessity to switch from laparoscopic to open surgery in the case of unforeseen complications

## Laparotomy treatment

The surgical alternative to laparoscopy is open surgery (laparotomy). Instead of a few small incisions, the abdomen is opened with one large cut. The main disadvantages of laparotomy are the extended hospital stay (up to one week or so) and the long recovery time. A person who undergoes open surgery can expect at least six weeks of convalescence.

Compared to laparoscopy, laparotomy has increased risks of infection and adhesions. The resulting scars from open surgery are also much more extensive.