

# Surgery goes minimal in city hospitals

Aditya Dev | TNN

**Gurgaon:** City doctors report that more and more patients are now going for the minimally invasive surgery (MIS) or laparoscopic surgery since patients undergoing this mode of operation get cured faster than those going in for conventional surgeries. Moreover compared to open surgeries, MIS is just 5-10% costlier.

According to doctors, where until a few years back, patients would avoid surgery due to fear of stitches, infections, post-operative care, longer recovery period and dreadful scars, MIS, literally, has reduced such complications.

Experts also said that over the last 15 years since MIS was introduced in hospitals, the cost has considerably gone down, as almost all the hospitals are now performing this kind of surgery.

Talking about the advantages of

MIS, Dr Deep Goel, head of surgical specialties, minimally invasive surgery and gastro-intestinal oncology, Artemis Health Institute, said, "For instance, an open gall bladder surgery leads to loss of 50 ml of blood but when done with minimally invasive methods, the blood loss can be counted in drops."

The latest energy instruments seal the tissue while the surgery is in progress hence minimizing the blood loss.

Dr Goel added that while the use of MIS is quite common for removal of gall bladder stones and hernia, its now even used for treatment of gastrointestinal cancer, colorectal cancer and in bariatric surgery.

He further added that more and more people are becoming willing to donate organs like kidney as they could be removed laparoscopically.

The biggest advantage of such surgeries lie in the fact that it takes

## LESS IS BEST

Laparoscopic GI surgery, also called minimally invasive surgery (MIS) is a modern surgical technique in which operations in the abdomen are performed through small incisions (usually 0.5-1.5cm). Laparoscopic GI surgery includes operations within the abdominal or pelvic cavities. The key element in laparoscopic surgery is the use of a laparoscope: a telescopic rod lens system, that is usually connected to a video camera. Also, attached is a fibre optic cable system connected to a 'cold' light source to illuminate the operative field, inserted through a 5 mm or 10 mm cannula or Trocar to view the operative field

very less time to heal and the patients do not have to fear about go-

ing under the knife.

Dr Vandana Soni, senior consultant, minimal access metabolic and bariatric surgery, Max Hospital, said, "If you go for open surgery, it is usually a painful process and often a patient needs to take medicines for a long time to ease the pain. That is why an increasing number of people nowadays opt for MIS as it allows them to avoid life-term medication and also heals fast."

Dr Arvind Kumar, advanced laparoscopic and GI surgeon, Paras Hospital, expressed a similar view. "MIS is patient-friendly and gives him the freedom from spending 10-15 days on bed and being dependent on others for daily chores. In an open surgery, you have to arrange for blood and keep several other complications in mind. But when it comes to minimally invasive surgery, all these are not required," he said.