

# Laparoscopic Surgery

Modern Keyhole Or Minimally Invasive Surgery



## Revolutionising Surgery with Innovative Techniques

ParkwayHealth was among the first in Singapore to recognise the shift from traditional open surgery to the use of newer, less invasive methods. Pioneering the use of this innovative surgical method, Gleneagles Hospital successfully performed the first Total Laparoscopic Hysterectomy in Singapore in 1993.

The ParkwayHealth Minimally Invasive Surgery Centre was subsequently established to ensure the continued development of new laparoscopic techniques and surgical skills. Committed to staying at the forefront of this surgical field, the centre conducts regular training programmes and demonstrations to update our surgeons with the latest advances. Our surgeons therefore have the experience, expertise and specialised training in performing surgical procedures using this innovative laparoscopic approach.

A patient's pre- and post-operative care needs are slightly different in this setting. Our operating theatre team of nurses and technicians are given specialised training in laparoscopic assistance to ensure total patient safety and benefit.

Our Laparoscopic Centres pride themselves in providing the best and most advanced technology, facility and highly skilled professionals to deliver quality patient care to you.

## What are the benefits of minimally invasive or laparoscopic procedures?

- Less post-operative discomfort since the incisions are much smaller.
- Smaller scars hence providing better cosmesis.
- Less internal scarring compared to standard open surgery.
- Reduced blood loss, which may mean reducing risks related to needing a blood transfusion.
- Reduced infection rate as delicate tissues are not exposed to the air of the operating room over long periods of time.
- More precise and delicate operations can be performed as video magnification offers better visibility of the diseased organ and its surrounding vessels and nerves, allowing more delicate manoeuvres to protect these vital structures during the removal or repair of the target organ.
- Quicker recovery times, including less pain and reduced use of pain medication needed.
- Shorter hospital stay, hence resulting in economic savings.
- Earlier return to full activities.

## What is Laparoscopic Surgery?

Laparoscopic surgery has become known by several names, including keyhole or minimally invasive surgery (MIS). When performed on the thoracic or chest area, it is called thoracoscopic surgery. Both laparoscopic and thoracoscopic surgery are part of the broader field of Endoscopy.

Minimally Invasive Surgery (MIS) is an alternative to traditional open surgery. It is a form of surgery which minimises trauma to the body by eliminating the need for a large incision. Instead, the operation is performed through three to four tiny 'buttonhole' incisions.

For enquiries and referrals,  
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For patient information only. Always consult your doctor.

The IPAC Hotline +65.6735.5000 is a free service that connects patients in real time to relevant medical services and doctors across ParkwayHealth's Hospitals.

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With an inserted viewing scope, the surgeon is able to see magnified images of internal organs clearly on a high resolution monitor and operate using special laparoscopic instruments. Following the procedure, the small incisions are closed with a stitch or two which are hardly visible in a few months time.

## Our Services

### Laparoscopic Gynaecological Procedures

1. Tubal Ligation
  - Laparoscopic Ligation
  - Hysteroscopic Tubal Occlusion (Essure)
2. Treatment of Heavy Menstruation
3. Infertility Assessment
4. Treatment of Ectopic Pregnancy
5. Ovarian Cystectomy
6. Repair of Fallopian Tubes (Tuboplasty)
7. Myomectomy
8. Treatment of Endometriosis
9. Treatment of Pelvic Floor Weakness
10. Treatment of Urinary Stress Incontinence
  - Tension free Vaginal Tape (TVT)
  - Intravaginal Sling (IVS)
  - Laparoscopic Burch Colposuspension

11. Hysterectomy
  - Total Hysterectomy
  - Sub-total Hysterectomy

### Laparoscopic General Surgery Procedures

1. Diagnostic
2. Appendectomy
3. Adrenalectomy
4. Cholecystectomy
5. Exploration of the Common Bile Duct for Choledocholithiasis (bile duct stones)
6. Anti-reflux Surgery for Heartburn
7. Hernia Repair
8. Colon Surgery
9. Intestinal Surgery
10. Treatment of Morbid Obesity (Lap Banding)
11. Nephrectomy (removal of Kidney) – Urology

### Laparoscopic Orthopaedic Surgical Procedures

1. Wrist Arthroscopy
2. Elbow Arthroscopy
3. Shoulder Arthroscopy
4. Knee Arthroscopy
5. Ankle Arthroscopy
6. Microdisectomy of the Spine
7. Unicondylar Knee Replacement with Minimally Invasive Technique
8. Fracture Fixation around joints using MEPO techniques (Minimally Exposure Percutaneous Osteosynthesis techniques)

*"Quicker recovery time, shorter hospital stay,  
earlier return to personal life activities..."*