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# Single-incision Laparoscopic Surgery

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Minimally invasive laparoscopic surgery has, in many cases, replaced the need for traditional open surgeries of the abdomen and pelvis. Over the past 20 years, it has become the standard of care for cholecystectomies and appendectomies and the accepted approach for various other surgeries. Because there is no large, open incision, patients can often go home the same day of their procedure or have a significantly shorter hospital stay with minimal post-operative pain. There is also a marked decrease in peri- and post-operative complications, as well as incisional hernias.

Current developments in technology and advancing techniques have allowed us to improve upon standard laparoscopic approaches. Recently, we have begun using a single entry point in the abdominal wall to remove gallbladders, rather than the four skin incisions used during standard laparoscopic surgery. We have also incorporated this technique to decrease the number of incisions in appendectomies, diagnostic surgeries, hernia repairs and bowel resections. By reducing the number of incisions, we have decreased scarring and the chance of infection, while also helping our patients to heal more quickly. Our patients have been very pleased with their outcomes, both from a cosmetic standpoint, reduced recovery time and a decrease in pain.

This approach, known as single-incision laparoscopic surgery, or SILS, allows us to make one single incision, about one centimeter in size, through the umbilicus. We then place access ports through this incision that hold an angled or flexible camera and instruments during surgery. We are then able to extract the gallbladder out of this site. The incision is essentially invisible since it uses an area that is a natural scar. In some cases, we may need to make a second, small incision in the patient's abdomen to complete the surgery. Excess weight, severe adhesions, significant infection or prior surgeries might increase the need for a second incision.

Laparoscopic surgery has been around for years and has been proven to improve patient outcome. With newer and more advanced technologies, minimally invasive surgery is becoming even further refined. As we move forward, we expect that we will be able to incorporate the single-incision technique into a wider range of surgeries.

**To schedule a meeting with Dr. Fung or to refer your patient, call Surgical Specialists of Florida Hospital at (407) 303-7399. For more information, visit www.SurgicalSpecialistsFH.com.**

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