



## LAPAROSCOPY IN GYNAECOLOGY

### Preserving the Uterus

Laparoscopy is often referred to as “keyhole surgery.” It has revolutionised modern gynaecology by offering advanced, minimally invasive solutions for a wide range of conditions. Unlike traditional open surgeries, laparoscopy involves small incisions, specialised instruments, and a camera to visualise internal organs. This only improves surgical precision but also prioritises uterine preservation and faster recovery.

### Advantages of Laparoscopy

One of the most significant advantages of laparoscopy is its role in uterus-sparing procedures. Conditions such as fibroids, endometriosis, ovarian cysts and ectopic pregnancies can now often be treated without removing the uterus. For instance, laparoscopic myomectomy allows surgeons to remove fibroids while maintaining the integrity of the uterus. This is vital for women who wish to preserve fertility or avoid major surgery. Similarly, laparoscopic management of endometriosis helps relieve pain and improve reproductive outcomes while minimising tissue damage.

Laparoscopy also results in reduced surgical trauma which is a major benefit. Smaller incisions mean less blood loss, minimal scarring and a lower risk of infection. Patients typically experience less postoperative pain compared to open surgery. This translates into shorter hospital stays, often just 24 to 48 hours and significantly quicker return to daily activities.

In today’s fast-paced world, the ability to resume



normal life quickly is crucial. Laparoscopic procedures enable many women to return to work within a week or two, compared to several weeks required after conventional surgery. This rapid recovery not only benefits physical health but also supports emotional well-being and reduces the economic burden associated with prolonged downtime.

Advanced laparoscopic techniques, including robot-assisted surgery, provide greater precision, improved visualisation and better handling of delicate tissues. As a result, even complex procedures can be performed with high accuracy while preserving healthy organs.

Laparoscopy is also preferred by patients as it also offers cosmetic advantages, as the tiny incisions leave minimal visible scars. More importantly, it empowers women with a safer, less invasive treatment option.

To put it in brief, **laparoscopy in gynaecology represents a significant shift toward patient-centred care. By combining advanced surgical techniques with a focus on uterine preservation and rapid recovery, it ensures that women can receive effective treatment without compromising their quality of life.**