

Minimally Invasive Gynecologic Surgery Options

Minimally invasive gynecologic surgery involves using less invasive techniques to treat a wide range of gynecologic conditions. Minimally invasive procedures require only a few small incisions on the abdomen through which small instruments can be placed. This allows the surgeon to access the surgical site without making a large abdominal incision. Patients receive general anesthesia for the procedure and typically go home the same day or after an overnight stay in the hospital for monitoring.

Reasons You May Need Minimally Invasive Gynecologic Surgery

Many women suffer from gynecologic disorders at some point during their lifetime. Some conditions require immediate attention while others may be a more chronic issue. If you have been experiencing symptoms from a gynecological condition that affects your health and quality of life, and nonsurgical treatment does not provide relief, your doctor may suggest surgery. Most gynecologic conditions can now be treated through minimally invasive surgery, including:

- Abdominal bleeding
- Endometriosis
- Cervical incompetence
- Ovarian cysts
- Pelvic adhesions (scar tissue)
- Pelvic organ prolapse (uterine prolapse, cystocele, rectocele)
- Urinary disorders / incontinence
- Uterine fibroids or polyps

Benefits of Minimally Invasive Robotic Surgery

As a result of advanced technology, minimally invasive or robotic surgery offers you less risk for complications, a quicker recovery and a faster return to your daily life.

Specific potential benefits compared to traditional open surgery include:

- Less pain, scarring and blood loss
- Shorter stay in the hospital
- Reduced chances of complications
- Reduced chance of being readmitted to the hospital
- Quicker recovery and return to normal daily activities

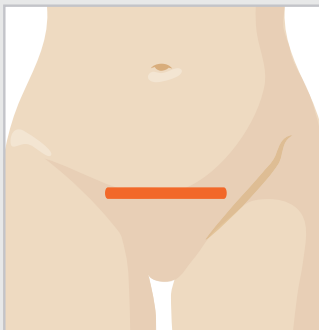
Types of Gynecologic Surgery

In the past, surgeons made large incisions in skin and muscle so that they could directly see and work on the area of concern. This is called open surgery. In an open gynecologic procedure, the surgeon would make one large incision (cut) in your abdomen. The incision must be large enough for your surgeon's hands to reach inside and access the organs involved. Today, most gynecologic conditions can be treated through minimally invasive or robotic surgery

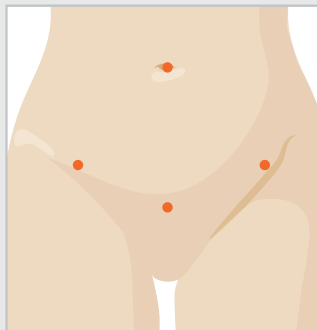
Laparoscopic Surgery

In this type of minimally invasive surgery, small incisions are made on the abdominal wall through which surgical equipment and a camera (laparoscope) are inserted. The laparoscope allows your surgeon to see the surgical area. Your surgeon uses special long-handled tools inserted into the other incisions to perform the surgery while viewing magnified images from the laparoscope on a video screen.

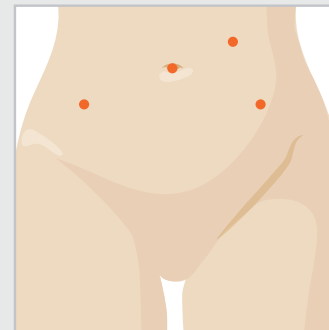
- Biopsy/excision of lymph nodes
- Endometrial ablations
- Hysteroscopic fallopian tube cannulation
- Laparoscopic hysterectomy
- Laparoscopic ovarian surgery
- Myomectomy
- Ovarian cystectomy
- Radical hysterectomy
- Repair of stress incontinence
- Revision/removal of vaginal graft
- Sacrocolpopexy (reconstructive surgery for vaginal or cervical prolapse)
- Salpingostomy/Salpingectomy (procedure on or removal of fallopian tubes)
- Salpingo-oophorectomy (removal of ovaries and fallopian tubes)
- Supracervical hysterectomy
- Tubal reanastomosis (tubal ligation reversal)
- Tumor debulking
- Uterine suspension
- Vaginal hysterectomy
- Vaginal cystocele repair
- Vaginal rectocele repair



Open Surgery



Traditional Laparoscopic Surgery



Robotic Surgery

Robotic Surgery

Many minimally invasive procedures are performed with the added precision of robotic surgical technology. The da Vinci® Surgical System provides surgeons with an alternative to both traditional open surgery and conventional laparoscopy, putting a surgeon's hands at the controls of state-of-the-art robotic technology. Compared to open surgery using a long incision, or even other minimally invasive techniques such as laparoscopy, robotic surgery gives surgeons a new level of precision and control, enabling surgeons to perform even the most complex and delicate procedures through very small incisions with unmatched accuracy. This is especially critical in complex surgeries involving reproductive organs. During your procedure, your surgeon will make just a few small incisions – similar to conventional laparoscopy. What sets robotic surgery apart from laparoscopy is a powerful, 3-D, high-definition camera and special wristed instruments that can bend and rotate far more than the human wrist. As a result, your surgeon can operate with enhanced vision, precision, dexterity and control. Your surgeon will sit at a console a few feet from the operating table looking through a monitor that provides a magnified 3-D view of the surgical site. Even though it is called "robotic surgery," your surgeon fully controls all the instruments. From the console, the surgeon directly controls the robot, which has arms for operating all instruments and the ability to move, zoom and focus the robotic camera. Your surgeon's hand movements are translated into smaller, less invasive and more precise movements.

Robotic gynecologic surgery procedures include:

- Cystocele repair
- Dermoid cyst removal
- Endometriosis excisions
- Myomectomy
- Rectocele repair
- Supracervical hysterectomy
- Total hysterectomy
- Uterine resuspension
- Vaginal prolapse repair

A Leader in Minimally Invasive Gynecologic Surgery

At Orlando Health Winnie Palmer Hospital for Women and Babies, our commitment is to provide women with safe, compassionate care from the most capable and highly trained healthcare team using the most advanced technology. Orlando Health Winnie Palmer offers a robust minimally invasive gynecologic surgery program, with doctors who specialize in minimally invasive and robotic procedures. Our team will provide you with the individualized technologically advanced medical and surgical care you need.

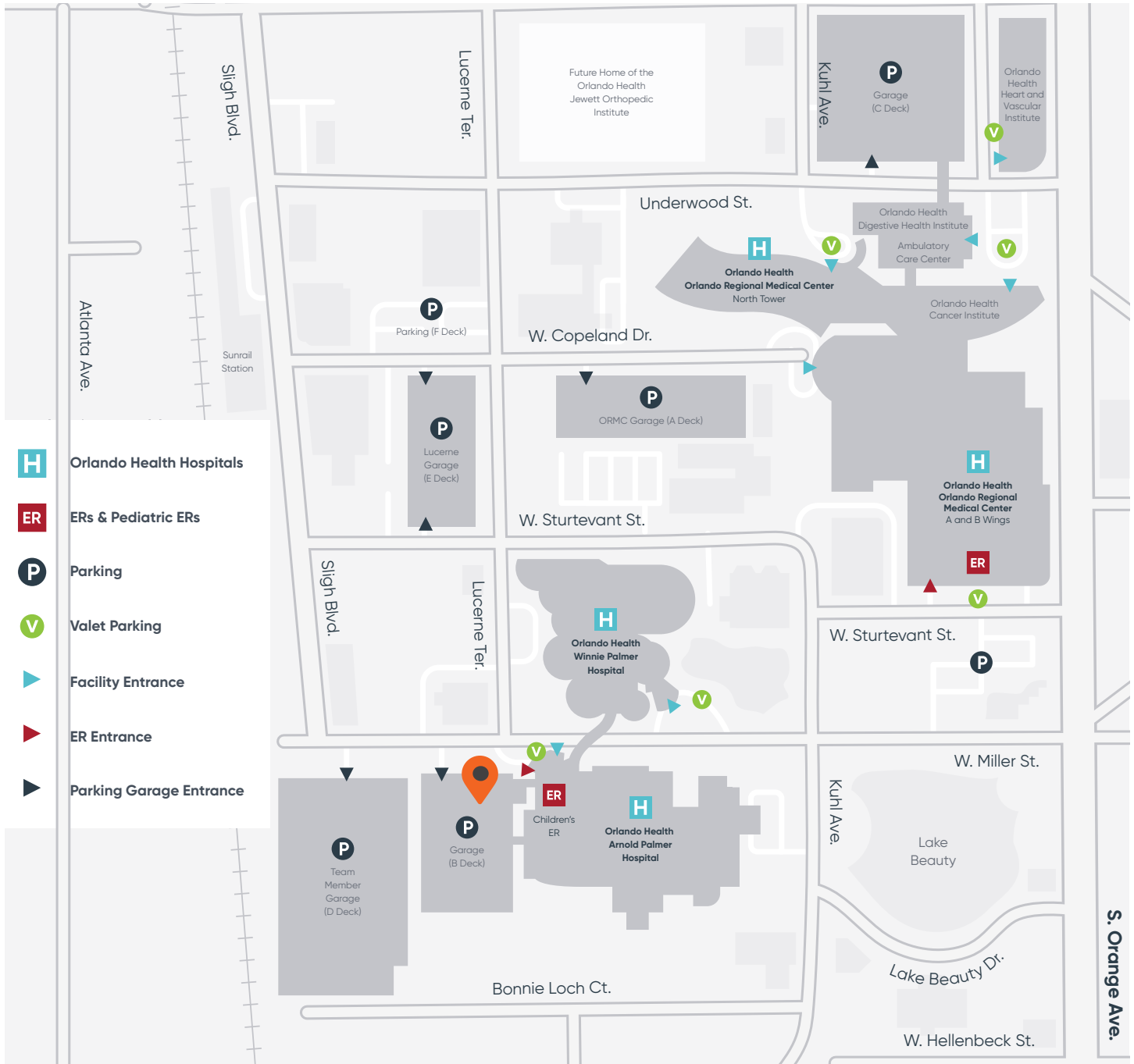
In fact, 75 percent of all our gynecologic surgeries are minimally invasive, significantly better than the national average of 30 percent.

Questions to Ask Your Doctor

To help you make an informed decision about your care, consider bringing questions like these to your surgeon or doctor visit:

- What medical options are available for my condition?
- What happens if I don't get surgery?
- What is the difference between the surgical options?
- What complications may occur?
- What type of anesthesia will I receive?
- How long will my surgery take?
- Where will I have scars?
- When will I go home?

If you or a loved one has been diagnosed with a gynecologic condition that may require surgery, you owe it to yourself to learn about all your medical options, including the most effective, least invasive surgical treatments available.



Parking

Free parking is available in the parking garage next to the hospital on Miller Street. Valet parking is also available for your convenience for a nominal fee.

To make an appointment, call **(321) 843-2584** or visit **WinniePalmerHospital.com**

