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SURGERY THROUGH A SINGLE OPENING

MINIMALLY INVASIVE COLON SURGERY WITH ONE INCISION

Saint Peter's University Hospital is one of only a few healthcare facilities in the state of New Jersey to offer virtually scarless surgery for the removal of tumors or polyps from the intestine.

The laparoscopic surgery, called single port access, requires that only a single inci-

sion be made in the belly button.

Traditional laparoscopic surgery, also called minimally invasive

surgery, requires

that several small incisions be made. A light source, a tiny video camera and surgical instruments are inserted through these incisions, called ports. Laparoscopic colon surgery usually requires between two and five incisions. While



Sanjiv Patankar, M.D.



laparoscopy is perhaps the single most innovative development in the field of surgery, the single port laparoscopic procedure takes that innovation a giant step further, according to Sanjiv Patankar, M.D., chief of Colorectal Surgery at Saint Peter's University Hospital.

During the procedure, one incision, less than two inches long, is made in the navel. A gel diaphragm is inserted that allows the surgeon access inside the patient's body. The surgical team does its work through this single port. A laparoscope is inserted,

which lights the cavity and projects high-resolution pictures onto a video screen. Instruments needed to resect, or remove, a tumor or polyp or a portion of the colon, and staple or suture the tissue when the resection is complete are inserted through the same port.

“It is more difficult to work through one incision, as movement of the instruments is restricted,” says Dr. Patankar. “It takes training and practice to master these skills before we can offer the procedure to patients.”

Single port patients return home from the hospital a day or two sooner than traditional laparoscopy patients, says Dr. Patankar. The benefits of single-port surgery are the same as those for traditional minimally invasive procedures: significantly less pain, less risk of wound complications, and a very small scar.

About 40 percent of his patients are candidates for single port colon resection, says Dr. Patankar, including those with tumors smaller than 4 centimeters, those with no previous

abdominal surgery and those who need surgery on the right side of the colon, “because the anatomic location of the colon makes the left side more difficult to reach,” he says. “All in all, single port access colectomy represents a quantum leap forward toward minimizing patient discomfort and improving surgical outcomes.”

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Dr. Patankar can be reached at his practice, Colon and Rectal Surgeons of Central New Jersey, P.A., in East Brunswick, at 732-238-2662. For more information about minimally invasive surgery performed at Saint Peter's University Hospital, please call the Department of Surgery at 732-745-8571, or visit www.saintpetersuh.com.



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