DVD Contents

1.	Abdominal Access
i.	Covidien Port Insertion
ii.	X-Cone Insertion
iii.	Insertion of Wound Retractor and Glove
iv.	Single-Skin Multiple – Fascial Method
2.	Operative Procedure
i.	Laparoendoscopic Single-Site Surgery Total Laparoscopic Hysterectomy (LESS TLH)
ii.	Vault Closure with Endostitch
iii.	Laparoendoscopic Single-Site Surgery (LESS) Myomectomy – Closure with Barbed Suture
iv.	Laparoendoscopic Single-Site Surgery (LESS) Myomectomy – Closure with Endostitch
V.	Laparoendoscopic Single-Site Surgery (LESS) for Ectopic Pregnancy
vi.	Laparoendoscopic Single-Site Surgery (LESS) Partial Oophorectomy
3.	Tissue Retrieval
i.	Umbilical Mechanical Morcellation



There is no Voice-Over in the Videos

Contents

	S	Section 1: Basic Principles, Instruments and Techniques	
Chapter	1.	Evolution of Laparoendoscopic Single-Site Surgery in Gynecology	3
		Single-Incision Laparoscopic Tubal Ligation 3	
		Evolution 4 Hysterectomy, Supracervical Hysterectomy with Adnexectomy 4; Adnexal Procedures 4; Other Procedures 4	
		Nomenclature 5 Lesscar Terminology 5; Technical Clinical Issues 6; Skills Training 6; Web-Based Secure Database Registry 6; Collaboration with Other Surgical Societies 6	
Chapter	2.	Indications of Laparoendoscopic Single-Site Surgery	9
		Indications of Laparoendoscopic Single-Site Surgery in Gynecology 9 Contraindications of Laparoendoscopic Single-Site Surgery in Gynecology 10	
Chapter	3.	Abdominal Access in LESS	11
		Umbilicus—The Site of Entry 11 Use of Operative Laparoscope in Single-Port Laparoscopy 11; The Single-Incision but Multi-Port Technique (Curcillo and King Technique) 12; Use of a Specialized Multichannel Access Device 14	
		Operative Procedure: Access in LESS 14 Entry 14; Important Considerations 14; Closure 16	
Chapter	4.	Instruments and Ports	19
		Access Ports 19	
		TriPort and QuadPort Access System 19 Component Parts 19; Deployment 19; Advantages 20; Drawbacks of TriPort and QuadPort Devices 20; QuadPort 20	
		X-Cone 20	
		GelPort and GelPoint System 22 Component Parts 22; Deployment 22	
		SILS Port 23 Advantages 23; Drawbacks 23	
		SSL Port 23 Advantages 24	

		TransEnterix Spider 25 Component Parts 25	
		Wound Retractor and Glove 25 Deployment 25; Advantages of Glove and Wound Retractor 25; Disadvantages 26	
		Instruments 27	
		Use of Various Instruments in LESS 27 Standard (Straight) Laparoscopic Instruments 27; Use of 1.9 mm Needle Instruments 27; Curved Instruments 28; Wristed Instruments (Articulated) 28; Instruments for Hemostasis 30	
		Future Trends—'Smart Instruments' 31	
Chapter	5.	Optics for Laparoendoscopic Single-Site Surgery	33
		Laparoscope 33	
		Optics Options for LESS 34 Conventional Laparoscopes 34; Modified Laparoscopes 35; Endo Eye 35; Stryker–IDEAL EYES-HD-Articulating Laparoscope 35	
Chapter	6.	Suturing Techniques in LESS	38
		Technical Complexity of Suturing in LESS 38; Principles of Laparoscopic Suturing 38; Instrumentation for Suturing 39	
		Steps of Suturing 39 Intracorporeal Knotting Technique 41; Extracorporeal Knotting Technique for LESS 43; Review of Literature 43	
		Continuous Suturing with Barbed Suture 44	
		Endostitch Device/SILS Stitch Device 46	
		SILS Stitch Articulating Suturing Device 48	
Chapter	7.	Specimen Retrieval	50
		Through the Umbilical Access Port using Claw Forceps 51; Colpotomy 51; Endobag 51; Transumbilical Mechanical Morcellation 53; Electromechanical Morcellation with a Power Morcellator 53; Transcervical Morcellation (of Uterus in Supracervical Hysterectomy) 56	
Chapter	8.	Benefits of LESS	59
		Pain 59 Cosmesis 60 Reduction in Trocar Site Complications—Hernia, Vascular and Soft Tissue Injuries 61	
Chapter	9.	Technical Challenges and Limitations of LESS	64
		Loss of Triangulation 64 Solution 64	
		Instrument Crowding 64 Solution 64	

Contents

	Reduced Vision 65 Solution 65	
	Learning Curve 65 Solution 65	
	Patient-Related Limitations 65 Solution 65	
Chapter 10.	Skill Training	66
	Simulators in Laparoscopic Surgery 67 Virtual Reality Simulator Training 67; The 'Video' or 'Box' Trainer 68; Physical Simulation 69	
	Section 2: LESS in Gynecology	
Chapter 11.	LESS in Adnexal Surgery	73
Chapter 11.	Adnexal procedures that can be performed by Single-port Laparoscopy 73; Indications for Laparoscopic Management of Benign Adnexal Pathology 73; Preoperative Evaluation 74; Relative Contraindications 74; Access Port 74; Optics 74; Instruments 74; Operative Procedure 74	75
	Oophorectomy/Salpingo-oophorectomy 75 Ovarian Cystectomy 75 Review of Literature 77 LESS-Assisted Extracorporeal Cystectomy 77; Isobaric Extracorporeal Cystectomy without Pneumoperitoneum 79; Extracorporeal Cystectomy in Pregnancy 79; Learning Curve for Ovarian Surgery in LESS 79	
Chapter 12.	Laparoendoscopic Single-Site Surgery for Ectopic Pregnancy	82
·	Sites of Ectopic Pregnancy 82; Laparoscopy for Management of Ectopic Pregnancy 82; Selection of Patients for Surgical Management in Ectopic Pregnancy 82; Salpingectomy or Salpingostomy? 83; Laparoendoscopic Single-Site Salpingectomy 83; Surgical Technique 83; Laparoendoscopic Single-Site Salpingostomy 86; Reports of LESS in Ectopic Surgery 86	
Chapter 13.	Laparoendoscopic Single-Site Myomectomy	89
	Indications for Single-Port Laparoscopic Myomectomy 89; Relative Contraindications 89; Preoperative Patient Counseling 89; Preoperative Assessment and Planning 90; Selection of Access Port for LESS Myomectomy 90; Optics for Single-Port Laparoscopic Myomectomy 90; Instruments for Suturing 90; Operative Procedure 90; Myoma Morcellation Techniques 95; Difficulties Associated with Single Incision Laparoscopic Myomectomy 96; Complications of LESS Myomectomy 98	
Chapter 14.	LESS Hysterectomy	100
	Patient Selection 100 Patient Counseling 100	

Pre-operative Preparation 101

	Access 101 Port and Instrument Selection 101	
	Instrument Selection 101; Laparoscopes 102	
	Types of Hysterectomy 102 LESS-LAVH 102 LESS-TLH 103 Steps of LESS-TLH 103; The Upper Pedicle 103; Development of Bladder Flap 105; The Uterine Pedicles 105; Cardinal-Uterosacral Ligament Complex 106; Opening of the Vault 106; Specimen Retrieval 106; Vault Closure 109	
	Special Situations 109 LESS-TLH for Previous LSCS 109; LESS-TLH for Large Uterus 109; LESS-SCH (Supracervical Hysterectomy) 110	
	Comparison with 4 Port Conventional TLH/LAVH 110 Complications 110 Complications of Laparoscopy 110 Learning Curve 111	
Chapter 15.	LESS in Gynecological Oncology	114
	Minimally Invasive Surgery in Gynecologic Malignancy 114	
	Endometrial Cancer 114 Advantages of Laparoscopy over Laparotomy 114	
	Ovarian Cancer 115 Concerns about Laparoscopy in Ovarian Cancer 115; Advantages of Laparoscopy over Laparotomy 115	
	Cervical Cancer 115 Advantages of Laparoscopy over Laparotomy 115	
	Laparoendoscopic Single-Site Surgery in Gynecologic Malignancy—Review of Literature 116 Advantages of LESS in Oncosurgery 116; Contraindications for LESS in Oncosurgery 116; Disadvantages of LESS in Oncosurgery 116	
Chapter 16.	Laparoendoscopic Single-Site Abdominal Sacrocolpopexy for Vaginal Vault Prolapse	119
	Principle of Repair 120; Preoperative Evaluation 120; Surgical Procedure 120 Complications 123 Bleeding 123; Injuries to Ureter and Bladder 123; Injuries to the Bowel 123	
Chapter 17.	LESS Concomitant Procedures	120
	Concomitant Gynecological and Surgical Procedures 127; Limitations 127; Review of Literature 127; Future of Concurrent Surgery in LESS 131	

		Contents	xvii
Chapter 1	18.	Vaginal Route Single-Site Surgery (Transvaginal NOTES) Advantages of Vaginal Route 133; Disadvantages of Vaginal Route 134; Contraindications 135; Technical Difficulties 135; Procedure 135; The Transdouglas Endoscopic Device (TED) 136; Application of NOTES in Gynecology 136	133
Chapter 1	19.	Complications of Laparoendoscopic Single-Site Surgery Classification of Complications 138 Complications Specific to the Procedure Performed 138; Complications Specific to a Laparoscopic Approach 138; Incidence of Complications 138 Complications Specific to LESS 139	138
		Access-Related Factors 139; Intraoperative Factors 139; Postoperative Complications 141 Electrosurgical Complications in LESS 143 Risk Factors 144; Mechanisms of Electrosurgical Injury 144; Prevention of Electrosurgical Injury 145; Active Electrode Monitoring System 146;	
		Section 3: Recent Advances in LESS	
Chapter 2	20.	Robotic-Assisted Laparoendoscopic Single-Site Surgery in Gynecology (R-LESS)	153
		Abdominal Access 153; Selection of Access Port for Robotic LESS 153; Advantages of Robotics in Single-Site Surgery 154; Limitations of Robotic Single-Site Surgery and New Innovations 155	
Chapter 2	21.	Newer Trends and Future	157
		Laparoscopic Camera Holders 157 Magnetic Anchoring and Guidance System 158 Access Port 159 Hybrid Notes 159 Robots in Laparoscopic Surgery 159 Oasis 160 Computer-Assisted Surgery 160	
LESS: O	ur]	Experience—Tips and Tricks for Beginners	163
		Access—The Incision in the umbilicus 163 Tips and Tricks 163	
		Access—Insertion of the Access Port 164 Tips and Tricks 164	
		Choice of Access Port 164 Tips and Tricks 165	
		Closure of the Incision 165 Tips and Tricks 165	

Vision and Optics 165

Tips and Tricks 166

Instrument Manipulation and Triangulation 166

Tips and Tricks 166

Suturing 166

Tips and Tricks 167

Hemostasis 167

Tips and Tricks 167

Tissue Retrieval 167

Specific Situations 167

LESS Total Laparoscopic Hysterectomy 167; LESS Myomectomy 167

Learning Curve 168

Complications 168

Index 171