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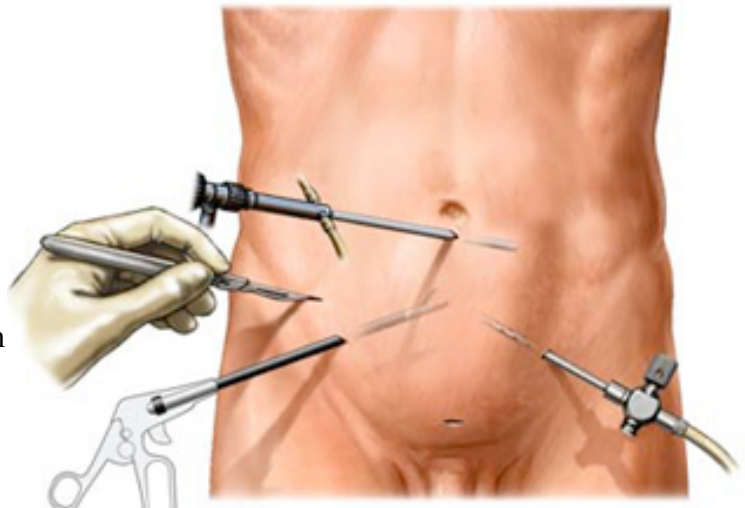
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## Patient Information for Laparoscopic Procedures

Laparoscopy is a technique where a tubular endoscope is inserted through an incision in the abdominal wall and used to examine the abdominal cavity or perform surgery.

The first urologic laparoscopic surgery was the complete removal of the kidney reported in 1991.<sup>1</sup> Since this time, laparoscopy has permeated mainstream urology and has become an established mode of treatment for a variety of surgically treatable urologic conditions including removing the kidney (nephrectomy), kidney and ureter (nephroureterctomy), a portion of the kidney (partial nephrectomy), and kidney cysts, as well as freezing small kidney tumors (cryoablation) and even removal of the adrenal gland (adrenalectomy.) More complex reconstructive laparoscopic procedures are commonly performed utilizing robotic assistance (pyeloplasty, radical prostatectomy, partial nephrectomy, nephroureterctomy).

Laparoscopy is performed by filling the belly with carbon dioxide gas so that a working space can be created. Small incisions between  $\frac{1}{4}$  and  $\frac{1}{2}$  inch are then created through which the laparoscope (endoscope) and instruments are passed and the surgery is completed with an operating surgeon and assistant.



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*Urology Specialists, P.C.* is one of only a few practices in the region that offers both *hand-assisted laparoscopic* as well as a *total laparoscopic surgical techniques*: In properly selected patients with adrenal tumors, small renal masses or cysts, or benign kidney disease, the entire operation can be performed through small (keyhole) size incisions, allowing for maximal healing and optimal recovery.

## **Advantages of Laparoscopy**

Laparoscopy offers the same excellent success rates demonstrated with open surgery without the larger, more painful incision. Hospital stay is 1 to 2 days for laparoscopic nephrectomies as compared to 3 to 5 days for the open procedure. Most people can return to work in 2 to 3 weeks after a laparoscopic procedure while 4 to 6 weeks is usually required after an open approach.

## **What to Expect**

The usual course experienced by patients undergoing laparoscopic procedures is as follows: The patient arrives in the hospital the day of the procedure. The procedure is then performed and typically takes between 2 and 4 hours depending on the difficulty of dissection. The patient then spends the first night in the hospital, is given clear liquids and is encouraged to walk the night of the procedure. Discharge is planned after the patient is walking without difficulty, tolerating a regular diet, and with adequate pain control on a light narcotic oral medication. Patients should walk as much as possible immediately. Stair climbing is acceptable. Patients should refrain from lifting more than 15 pounds for 3 weeks. Some patients do experience some constipation which can be remedied by Milk of Magnesia or taking Colace pills.

<sup>1</sup>Clayman RV, Kavoussi LR, Soper NJ, et al. Laparoscopic nephrectomy: initial case report. J Urol 1991;146(2):278-82.