

an experienced team of anesthetists, nurses and technicians. Its five state-of-the-art modular operation theatres are equipped to carry out open as well as laparoscopic surgery.

At ISIC, focus is more on patient care as they deserve not only excellent surgical care but also their surgeon's attention and respect. The prospect of surgery can be daunting hence doctors spend time with the patients to answer questions, address concerns and ultimately build partnerships to achieve shared goal of optimal care and healing.



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## Surgery Laparoscopic | & General



## Recovery

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## Laparoscopy or Minimal Access Surgery (key hole)

Traditionally surgeons had to rely on long incisions to reach the affected organs, resulting in pain, infections, long recovery process and poor cosmetic results. Minimal Access Surgery (MAS) on the other hand involves small incisions (key hole) for major surgeries. Hence recovery is faster, pain is less, bleeding is less. At times the patient is allowed to go back the same day.

### Range of Minimal Access Surgery (MAS) at ISIC

#### Gall bladder

Laparoscopic removal of gall bladder is now considered the gold standard of treatment of gall stones.

#### Appendix

Appendectomy is removal of the diseased appendix. Both emergency as well as elective removal is performed.

#### Hernias

All types of groin hernias and ventral hernias (Hernias in the middle or on the side of the abdomen usually resulting from a congenital defect or prior surgeries) can be repaired by laparoscopic technique by using large mesh with good overlap to minimise chances of recurrence.

#### Small and large intestine surgery

Surgery for gastrointestinal diseases (prolapse of the rectum, inflammatory bowel, colonic cancer etc) are routinely done through laparoscopic procedure.

#### Hiatus hernia and gastro oesophagus reflux disease (GERD)

This procedure is needed for patients with acid reflux,

heart burn, sour regurgitation. Laparoscopic fundoplication involves reconstitution of the defective valve between oesophagus (food pipe) and stomach. It is hence considered the gold standard for this disorder.

#### Liver

Laparoscopic techniques are used for draining liver abscess and removal of parasitic and non-parasitic cysts.

#### Diagnostic Laparoscopy

It is a procedure to detect unknown abdominal problems.

#### Other laparoscopic procedures

- Laparoscopic Adhesiolysis.
- Laparoscopic surgery for Duodenal Ulcers.
- Laparoscopic Solid Organ Surgery involves surgery of Spleen, Adrenal Gland and Pancreas.
- Laparoscopic Surgery for Undescended Testis and Varicocele.
- Laparoscopic Lymph Node Biopsy for assessing the possibility of tuberculosis, cancer and other diseases.

#### Thoracoscopy

It involves videoscopic examination of chest cavity for tissue biopsy, drainage etc.

### General and gastrointestinal surgical services at ISIC

#### Thyroid

Goitre refers to the enlargement of the thyroid which can easily be seen as a mass in the neck. Surgery involves removing a part or whole of the thyroid gland. Surgery is indicated in patients who do not respond to medical therapy, have pressure symptoms (change of voice, difficulty in swallowing, night-time choking) or suspicion of malignancy.

#### Breast

Any lump in the breast is to be viewed with suspicion

and evaluated with clinical examination along with other investigations (Mammography, FNAC etc.).

#### Bleeding with stools

Common causes of bleeding with stools are haemorrhoids (piles), anal fissures and other benign haemorrhoids (piles), anal fissures and other benign anorectal conditions. But sinister conditions like malignancy also can cause bleeding and needs to be ruled out with proper evaluation.

Piles can nowadays be treated with scarless and painless surgery (stapled surgery) and the patient discharged the next day.

#### Lumps and bumps

These are growths that are benign and harmless and occur on the surface or just below the surface of the skin, the removal of which is often quick and simple with reassuring cosmetic results.

#### Varicose veins

Varicose veins are veins that have become large and twisted and are generally found on the leg. Besides cosmetic problems varicose veins are often painful, especially while standing or walking. They often itch and can cause ulcers. This condition can be cured surgically without any morbidity.

#### Colorectal

Surgery for diseases of the colon, rectum anal canal, particularly cancer of the rectum is performed by an experienced team of surgeons.

#### Upper gastrointestinal surgery

This involves diseases affecting the liver, oesophagus, stomach and small intestine.

### Surgical care at ISIC

Besides the skill of the surgeon, outcome of surgery depends on the ability of the anaesthesia team, the equipment and sterility of the operation theatre. ISIC has