



Minilaparotomy: Minimally invasive approach to abdominal myomectomy

Technique for removing symptomatic fibroids in a nulliparous 37-year-old patient seeking fertility

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A minilaparotomy is loosely defined as a laparotomy measuring between 4 cm and 6 cm. For the appropriate surgical candidate, a minilaparotomy is a useful alternative to laparotomy or laparoscopy, especially for large pathology.¹ Benefits of minilaparotomy include improved pain management and postoperative recovery, as well as improved cosmetic outcome, with comparable blood loss and operative time.^{2,3}

In this video, we illustrate the key surgical steps of a minilaparotomy for the removal of large fibroids. These steps include:

1. strategic vertical skin incision
2. use of a self-retaining retractor
3. infiltrate myometrium with dilute vasopressin
4. strategic hysterotomy
5. use of tenaculum for upward traction
6. 10# blade scalpels for the “lemon wedge” coring technique
7. layered closure.

Minilaparotomy myomectomy can be an excellent minimally invasive alternative to a traditional “full laparotomy” for women with large fibroids.



To view the video

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We hope that you find this video beneficial to your clinical practice.

>> DR. ARNOLD P. ADVINCULA, MD

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Watch for this video coming soon:

Laparoscopic bilateral salpingo-oophorectomy via minilaparotomy assistance for the massively enlarged adnexal mass