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. Benefits of minilaparotomy include improved pain management and postoperative recovery, as well as improved cosmetic outcome, with comparable blood loss and operative time.

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.

References

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

Dr. Arnold P. Advincula reports serving as a consultant to ConMed, CooperSurgical, Intuitive Surgical, and Titan Medical and receiving royalties from CooperSurgical. The other authors report no financial relationships relevant to this article.

Watch for this video coming soon:

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