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Three port sleeve gastrectomy

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ABSTRACT

Sleeve Gastrectomy is the surgery done for obesity and disorders associated with obesity. Three port Sleeve gastrectomy gives similar results as five port conventional surgery but with less cost.

Keywords— Port sleeve gastrectomy, Obesity, Ergonomics

1. INTRODUCTION

Sleeve Gastrectomy is the surgery done for obesity and disorders associated with obesity. Today obesity is regarded as disease and needs attention as multiple subsequent health issues are seen to be associated with this disease.

Surgery done for this is called Bariatric Surgery. Bariatric surgery is broadly classified as Restrictive & Malabsorptive and procedures where both components are combined.

Sleeve gastrectomy requires proper port placements for better ergonomics because any deviation can cause early fatigue and can consume more time to finish the procedure. Since the target organ is the entire stomach, the port placements needs extra attention.

Generally one 5mm port is placed at epigastrium to retract the liver. A 12 mm port on right lumbar quadrant that is diagonally aligned with antrum-pylorus region of stomach and a 5 mm port in left hypochondrio-lumbar region. An extra 5mm port in left iliac region for traction to omentum and one optical port.

As the procedural and executional steps and ergonomics have evolved, now it's possible to perform sleeve gastrectomy with reduced number of ports. Liver can be retracted with intracorporeal sling, which avoids epigastric port. Two working ports and optical port. An extra port for omental traction can be easily avoided with right traction and manipulation of stomach. This achieves same results as with conventional 5 port sleeve gastrectomy.

2. DISCUSSION

These days' laparoscopic surgeries are gaining reputation due to minimal access into the abdomen. Laparoscopic surgeries which were performed with 4-5 ports have reduced down to 3-1 port. Surgeries are even done in single incisions. Our centre has been performing 3 port sleeve gastrectomies with good results and reduced cost.