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Mr BP, aged 72 years, from Chennai presented with vague abdominal pain and investigations revealed cancerous tumour arising from left kidney. Further tests were done to rule out any spread outside the kidney. After confirming that the growth was localised to the kidney it was planned to proceed with “keyhole surgery” to remove the kidney. He underwent laparoscopic nephrectomy and was discharged after 72 hours of stay in the hospital.

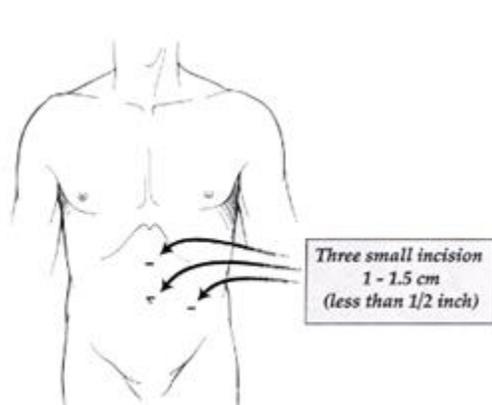
Laparsocopic surgery is an increasingly used technique in the field of urology in the west. Now, Global Hospitals has introduced this concept in Chennai by establishing a laparoscopic urology programme. The objectives of laparoscopic surgery are to reduce peri-operative morbidity in comparison with conventional surgery and to allow more precise surgery. The quality of surgery can be improved by better visualisation of the operative site which is provided by the optical magnification.

A variety of urologic procedures can be done laparoscopically and laparoscopic nephrectomy is one of the procedures. Laparoscopic nephrectomy is a minimally invasive procedure and is indicated in patients with an irreversibly damaged, non-functioning kidney and in some kidney cancers. Laparoscopic kidney removal is minimally invasive because it only requires three or four small non-muscle-cutting incisions rather than one large muscle-cutting incision in the abdomen.

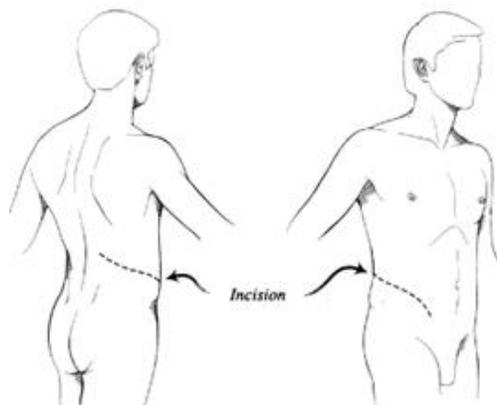
**Advantages of laparoscopic nephrectomy**

1. A shorter hospital stay
2. Significantly less post-operative pain
3. A faster recuperation and earlier return to work and daily activities.

**Laparoscopic nephrectomy**



**Open nephrectomy**



## **Comparison**

	Laparoscopic nephrectomy	Open nephrectomy
Incision	3-4 1.5 cm incisions	15-25 cm muscle cutting incisions
Length of Hospital stay	2-3 days	5-7 days
Recovery	* Less scarring after surgery * Less discomfort and decreased need for pain medication	* Increased scarring * Greater need for pain medication
Return to normal activity	2-4 weeks	8-12 weeks

## **Conclusion**

Laparoscopic nephrectomy has already become the standard surgical technique for several kidney diseases in the west. In India too, laparoscopic nephrectomy has begun to replace the conventional open nephrectomy.