

Robotic surgery for endometriosis



Endometriosis is a women's health condition in which endometrial tissue grows outside the uterus and eventually sheds into the abdominal cavity causing chronic pain, abnormal periods, and possible infertility. It is a common health concern diagnosed during their reproductive years, with 1 in 10 women suffering.

While there is currently no cure, effective treatment and management are available.

Robotic surgery

Robotic surgery, also known as robot-assisted surgery, is when a surgical procedure is carried out using robotic technology. Hence the term robotic surgery.

Dr Kothari uses robotic technology to perform specific aspects of minimally invasive surgical procedures that require a high level of precision and accuracy. Contrary to common misconception, the robot does not carry out the surgery. In fact, the doctor uses it merely as an instrument. The system translates the doctor's hand movements at the console in real-time, bending and rotating the instruments while performing the procedure.

The Da Vinci system used by Dr Kothari also provides highly magnified, 3D high-definition views.



The purpose of robotic surgery for endometriosis

Surgery helps manage and stop the progress of endometriosis. The main objective of robotic surgery is to remove patches of endometrial tissue (typically found inside the uterus) that are growing outside the uterus.

What to expect during robotic surgery for endometriosis

During your robot-assisted endometriosis surgery, Dr Kothari will not stand over you, as per in a normal surgery. Instead, he will direct the surgery from the robot situated nearby.

While every surgery is different, the general steps involve the following:

- The doctor will make a tiny incision in your body.
- He then inserts a miniature robotic instrument and a camera into your body.
- Your doctor sits at the nearby console directing the procedure by manipulating the controls.
- The robotic-instrument then responds to this and precisely translates them into real-time movements in your body.

IMPORTANT

- You are advised not to drive for **7 days** after you have a general anaesthetic. We suggest you arrange for someone to pick you up after the procedure. You may also find it beneficial to take the next few days off work.
- Prior to surgery, you must inform your doctor of your complete medical history.
- Please let your doctor know if you have had an allergic reaction, in the past, to antibiotics, anaesthetic drugs, or other medications.
- Please inform your doctor if you are currently taking any medications, and if so, list them all. This also includes any over-the-counter drugs and contraceptive pills you may be taking.

Recovery after robotic surgery

While recovery will vary from woman to woman, you may feel pain and tenderness near the incision area for a couple of weeks. Again, this differs from patient to patient.

Dr Kothari will provide complete instructions on caring for your incisions, what activities you can perform and which to avoid, and any other information you need to ensure a successful recovery.

IMPORTANT

- **If you notice any of the following, contact your doctor immediately.**
- **Nausea or vomiting that worsens.**
- **Persistent abdominal pain that does not reduce with painkillers.**
- **Vaginal bleeding that is heavier than a normal period.**
- **Persistent pain or swelling around the incisions.**
- **Fever or chills.**
- **Pain or burning when urinating.**
- **Faintness and shortness of breath.**

The benefits of robotic surgery

Along with sophisticated computers and software, this state-of-the-art technology provides extremely high levels of precision and accuracy, leading to better outcomes compared to normal surgery. Such benefits include:

- Small incisions during surgery.
- Less risk of infections due to the smaller incisions.
- Faster and more comfortable recovery.
- Less pain.
- Quicker return to a daily routine.

Potential risks

As with all procedures, robotic surgery also has some risks. While Dr Kothari will do everything to minimise these risks, complications may occur. The following are to inform you of the general risks of surgery.

- Excessive bleeding.
- Infection requiring antibiotic treatment.
- Abdominal infection.
- Breathing problems related to anaesthesia.

Treatment costs

The costs will vary from patient to patient, depending on the level of treatment and care required. You can discuss the exact fee structure and what you can claim on Medicare and private health insurance with your doctor before undergoing any form of surgery.

Next Steps

More information
Contact our advice team on
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Diagnosis and treatment
Contact us to book an appointment
with Dr Kothari
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