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## Single Port Surgery for Gynaecology- Surgery Without Scars

Single Port Access (SPA) or Single Incision Laparoscopic Surgery (SILS) is becoming increasingly popular in recent years. In most circumstances, the umbilicus (bellybutton) is used as the single entry point to access abdominal pelvic organs.

At present, the technology can be applied to a lot of women’s surgeries such as ovarian cyst surgery, fallopian tube surgery and simple hysterectomy. Conventional laparoscopy (keyhole surgery) requires three or more incisions but with this new technology, the number of incisions can be reduced to just one.

Excellent cosmetic outcome is one of the main reasons for SILS. Some people described this technology as “scar-less surgery”. As the bellybutton is used as a portal for entry, the scar within the umbilicus is very well concealed in the skin folds of the umbilicus (see Figure 3). That’s why this technique is particularly popular among young women.

### How is it possible to reduce three incisions to one?

First, the gynaecologist places a special device into the abdominal cavity through the umbilical incision of 1.5cm length. There are several channels within the device where the endoscope (fibre optic tube with viewing device) and operating equipment can pass through (Fig 1). An angulated endoscope is used to improve the view of the operating field (Fig 2). Curved operating equipment are placed through the multi-channel device to carry out the operation.

### Why SILS, is it only good for cosmetic reasons?

No. SILS generally requires less amount of anaesthetic use. SILS has minimal post-operative pain and lesser number of skin wounds. Patients resume their normal daily activities more quickly.

SILS is a rapidly evolving surgical technique. Individualized assessment before SILS is important. Compared to conventional laparoscopic surgery, there is no compromise to safety in selected cases.

Gynecology	
Disease	Single Incision Laparoscopic Surgery
Ovarian cyst	SILS - Ovarian cystectomy/oophorectomy
Ovarian endometrioma/chocolate cyst	SILS - Ovarian cystectomy/oophorectomy
Ovarian dermoid	SILS - Ovarian cystectomy/oophorectomy
Polycystic ovarian disease	SILS - Ovarian drilling
Pelvic endometriosis	SILS - Diagnostic and ablative procedure
Tubal assessment	SILS - Tubal patency assessment
Tubal sterilization	SILS - Sterilization
Ectopic pregnancy	SILS - Salpingectomy/salpingostomy
Menorrhagia +/- uterine fibroid	SILS - Hysterectomy