

## **Why Laparoscopic surgery?**

- smaller incision, which reduces pain and shortens recovery time.
- less pain, leading to less pain medication needed.
- same day discharge which leads to a faster return to everyday living.
- reduced exposure of internal organs to possible external contaminants thereby reduced risk of acquiring infections.
- decreased bleeding which reduces the chance of needing a blood transfusion.

## **Services I provide:**

- advanced laparoscopic surgery
- excision of endometriosis
- total laparoscopic hysterectomy
- laparoscopic supracervical hysterectomy
- removal of ovarian cysts
- removal of ovary
- laparoscopic myomectomy
- excision of endometriosis off the rectum, small bowel and other organs

## **Why excision therapy for endometriosis is far better than cautery or laser?**

- Best symptomatic relief
- Improves fertility rates
- Endometriosis will not grow back in areas it is excised
- Improves quality of life
- ....Read below for a more detailed explanation:

Adequate surgical excision of endometrial implants provides the best symptomatic relief and long term results. In addition, surgical excision has been shown to improve fertility rates in women. Drug therapy can suppress endometriosis, not eradicate endometriosis. The definitive treatment of endometriosis is NOT hysterectomy or removal of both ovaries; rather it is complete excision of endometrial lesions. Excisional surgery makes sense if one understands what endometriosis is. Normally during a monthly cycle, a woman's endometrium, or uterine lining builds up then is shed as her monthly flow of menses. The endometriosis areas growing outside the uterus go through a similar cycle but because the build up cannot leave the body, the implants get deeper and deeper. Additionally, endometriosis lesions can irritate nearby tissue causing adhesions, scarring, and pain. Over time, endometriosis can grow into nodules causing scarring to nearby organs. Excision of endometriosis is the only therapy to objectively cure disease and thus improve quality of life. Dr. Orbuch excises endometriosis using Wolf blunt scissors, a technique initially performed by Harry Reich, M.D., a leader in advanced gynecological endoscopic surgery. This technique along with other advanced laparoscopic techniques were learned during her advanced laparoscopic fellowship with Dr. Harry Reich and Dr. C.Y. Liu.