ENDOSCOPIC PLASTIC SURGERY

Endoscopic surgery has been used for decades in a number of different procedures, including gallbladder removal, tubal ligation, and knee surgery. However, in the world of plastic surgery, endoscopic instruments have recently been introduced. Plastic surgeons believe the technique holds great promise, but further study is needed to establish its effectiveness, especially over the long-term. As important research continues, endoscopy is being used on a limited basis for both cosmetic and reconstructive procedures.

Endoscopy is a surgical technique that involves the use of an endoscope, a special viewing instrument that allows the surgeon to see images of the body’s internal structures through very small incisions. An endoscope consists of two basic parts: A tubular probe fitted with a tiny camera and bright light, which is inserted through a small incision; and a viewing screen, which magnifies the transmitted images of the body’s internal structures. It’s important to understand that the endoscope functions as a viewing device only. To perform the surgery, a specialized surgical instrument—such as electrocautery, scissors, or forceps—must be inserted and manipulated within the tissue.

All surgery carries risks and every incision leaves a scar. However, with endoscopic surgery, your scars are likely to be hidden, much smaller, and some of the after effects of surgery may be minimized. In a typical endoscopic procedure, only a few small incisions, each less than one inch long, are needed to insert the endoscope probe and other instruments. For some procedures, such as breast augmentation, only one incision may be necessary. For others, such as a forehead lift, three or more short incisions may be needed. The tiny “eye” of
the endoscope’s camera allows the surgeon to view the surgical site almost clearly as if the skin were opened from a long incision.

Because the incisions are shorter with endoscopy, the risk of sensory loss from nerve damage is decreased. Also, bleeding, bruising and swelling may be significantly reduced. With the endoscopic approach, you may recover more quickly and return to work earlier than if you had undergone open surgery. Endoscopic surgery may also allow you to avoid an overnight hospital stay. Many endoscopic procedures can be performed on an outpatient basis under local anesthesia with sedation.

Two of the most common plastic surgery procedures performed with the endoscope is browlifting and breast augmentation. During a breast augmentation, typically a small incision is placed in the armpit and the entire surgery including implant placement is performed from this incision. The result is an augmented breast with no scar on the breast. In a browlift, several small incisions are made at the hairline as opposed to the traditional “open” coronal incision placed from ear to ear. The entire dissection is carried out through these incisions and the eyebrows are able to be elevated and fixated through these same incisions.

Because endoscopy is a relatively new technique in plastic surgery, it’s extremely important that you select a board certified plastic surgeon who has adequate training and experience. The surgeons at Twin City Plastic Surgery received special training throughout their residency and have been performing these techniques for almost 9 years. Be sure to ask during your initial consultation if he/she has been trained in employing the latest techniques in endoscopic surgery. Furthermore, be sure to find out if the surgeon’s hospital privileges cover both the endoscopic and the open version of the procedure you plan to have since the surgeon may have to switch to a traditional open procedure if a complication occurs during surgery. There are some risks, which vary in severity depending on which cosmetic procedure is being performed. Currently, most literature cites less than a 5% complication rate making endoscopy an integral and valid option in the vast field of plastic surgery.

### What Are the Advantages of Endoscopic Plastic Surgeries?

- Smaller incisions and therefore smaller scars
• Scars that can be hidden underneath other body parts (such as under the arm or beneath the groin) as the surgeon can use the endoscope to reach places that formerly could only be accessed with an incision
• Smaller incisions that can be used to insert implants and prosthetic devices as the endoscopic device allows doctors to view inner tissues just as clearly as if they had made a wider or lengthier incision
• Less chance of nerve damage as shorter incisions decrease the chance of severing a nerve
  • Less bruising, bleeding and swelling as the result of smaller incisions
• Lessening the need for an overnight hospital stay and allowing many plastic surgeries to be performed on an outpatient (as opposed to inpatient) basis

Submitted by Chad Tattini, M.D.
Twin City Plastic Surgery

For more information regarding cosmetic and reconstructive plastic surgery contact Dr. Chad Tattini—309-664-1007, Dr. Laura Randolph—309-664-6222 or Dr. Paige Holt—309-664-4444 at Twin City Plastic Surgery or www.twincityplasticsurgery.com. The office is located at 2502 E. Empire, Suite C, Bloomington, Illinois.

Oasis Medical Spa & Wellness
2502 East Empire Street, Suite C, Bloomington, IL 61704, 309-662-6772