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## Minimally invasive surgery a boon

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Express News Service

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KOCHI: With the coming of minimally invasive methods in cardiac surgery, patients with serious heart complaints can look forward to faster recovery to normal life minus several surgery-related trauma.

But, not all patients are candidates for minimally invasive surgery, says Dr Shiv K Nair, professor and head, department of cardiovascular and thoracic surgery, Amrita Institute of Medical Sciences, Kochi.

The method minimises the patients' trauma and reduces pain, bleeding and infections compared to normal cardiac surgery. Ninety-five percent

of cardiac surgeries is done by creating incision 22 centimetres long through the breastbone and the patient

would take at least nine weeks to recover whereas the minimally invasive surgery is done through a 7 centimetre long incision on the right side of the chest and requires only 46 weeks for recovery. AIMS is all set to use the modern technique in cardiac surgery on a regular basis from January onwards. A cardiac surgery using the method was done successfully here on Tuesday under the supervision of Dr Shiv Nair with the support of Dr Luciya Torropko, a cardiac surgeon from Italy.

"Apart from the fact that the surgery has a number of advantages, it can be done only on select patients. It is not done for any cost advantage, but for cosmetic reasons. Of course, it will cut down the number of hospital stay," Dr Nair said.

Around 20 surgeons from across the country are taking part in a two-day training on minimally invasive valve repair. Dr Nair said the patients prefer smaller incisions for cosmetic reasons and only cardiac surgeries have been lagging behind when it comes to minimal incision surgeries.

In the coming years, this too, would be common like the laparoscopic surgeries in other areas.

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