

Subxiphoid Approach In Anterior Mediastinal Pathologies, Single-center Experience

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INTRODUCTION

Video-Assisted Thoracic Surgery (VATS) and Robotic-Assisted Thoracic Surgery are frequently used in anterior mediastinal pathologies. However, due to some disadvantages of these approaches, subxiphoid approaches have come to the fore in recent years. This study aimed to examine the results of cases who underwent surgery via the subxiphoid approach in our clinic.

METHOD

Data of patients who underwent subxiphoid VATS (SVATS) between January 2021 and September 2024 were retrospectively analyzed. The perioperative patients' characteristic features, histopathologic features, perioperative, and postoperative outcomes were evaluated. Ethics committee approval of this study was received.

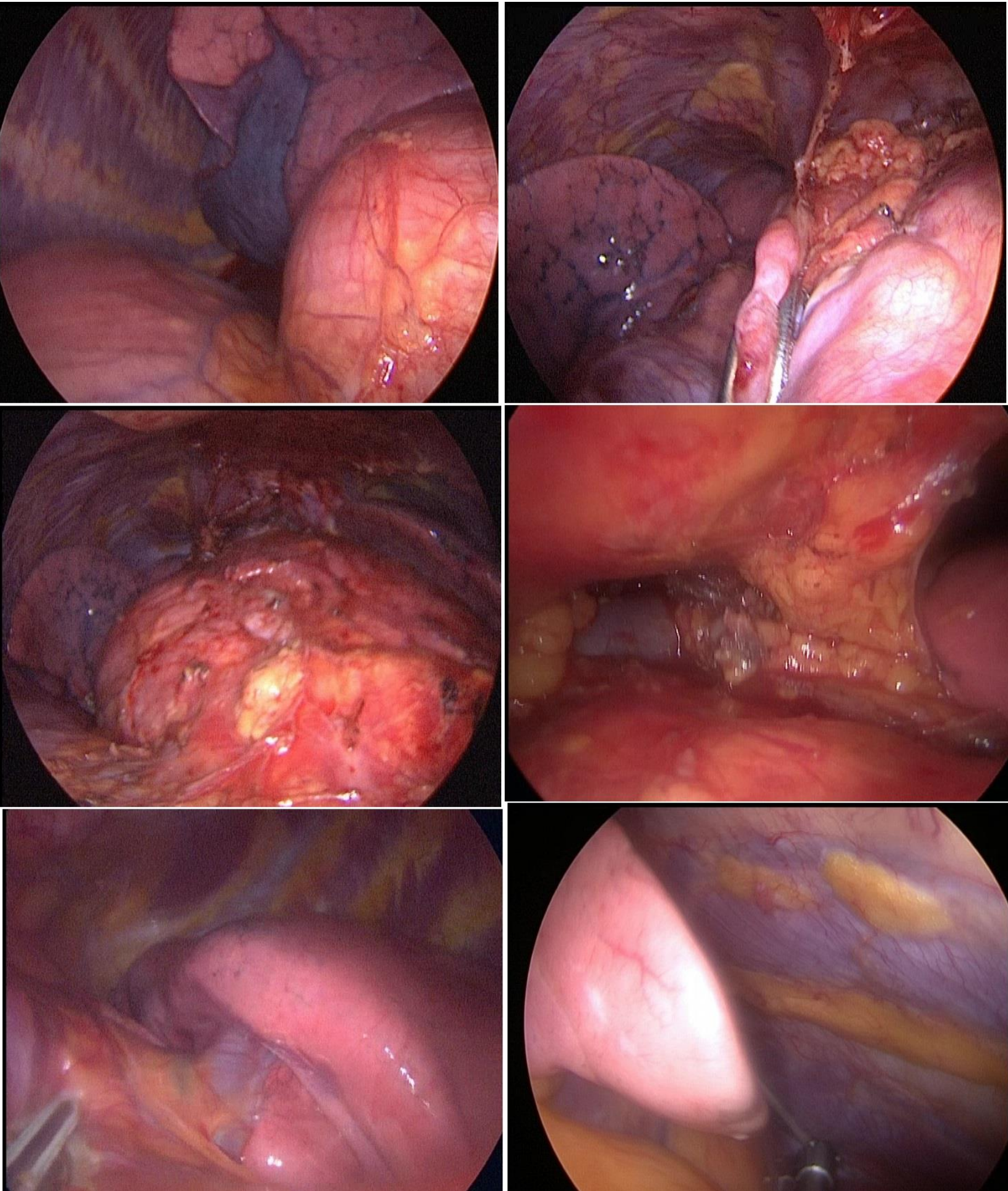
RESULTS

32 patients who underwent SVATS were included in the study. the median age was 52.5 (10-73) Intraoperatively, one patient had a minor hemorrhage (<50 ml), and one patient had a 130 ml hemorrhage requiring suturing of the brachiocephalic vein. The mean VAS was 2.24. No major postoperative complications were observed.

Characteristics of patients	
Sex	
Female	21 (%65.6)
Male	11 (%34.4)
BMI (kg/m²)	26.5 (18.5-37)
Histopathology	
Thymic Cyst	9 (%28.1)
Thymoma	9 (%28.1)
Thymic Hyperplasia	5 (%15.6)
Teratoma	1 (%3.1)
Ectopic Parathyroid	1 (%3.1)
Solitary Fibrous Tumor	1 (%3.1)
Others (regressed thymus, normal thymus tissue)	6 (%18.8)
Diameter (cm)	6.85 (3-18)

CONCLUSIONS

This study shows that the subxiphoid approach is useful due to its advantages, such as less pain, visualization of bilateral hemithorax and phrenic nerves, dominance of the mediastinum, and ability to remove larger lesions.



Panoramic view

Perioperative features	
Operation Time (min)	185.6 ± 51.9
Intraoperative Blood Loss (ml)	56 (30-130)
Drain Type	
Tube thoracostomy	12 (%37.5)
Jackson-pratt	17 (%50)
Drainless	3 (%9.4)
Hemovac	1 (%3.1)
Postoperative drainage (ml)	100 (30-200)
Postoperative drain duration (day)	2.34 (1 -8)
Length of Hospital Stay (day)	4.21 ± 1.31
VAS	
Tube thoracostomy	4
Jackson-pratt	2
Drainless	1
Complication	
Minor Hemorrhage	1
Brachiocephalic vein injury	1
Wound complication	2
Phrenic nerve paralysis	0

