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EXINTRA SPIN – A Simple, Safe & Cost-Effective Laparoscopic Port Closure Technique

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Introduction:

An effective port closure after laparoscopy is an essential step in preventing port site hernia. Although many methods are described, they require special instruments or they are not done under direct vision.

Aim & Objective:

Describe a simple, safe and cost-effective technique of laparoscopic port closure with any hollow needle.

Technique:

Here we describe our technique – **EXINTRA SPIN** i.e., **Ex**tra and **in**tra corporeally guided **tra**nsfacially inserted **s**ingle s**pi**nal **n**eedle port closure technique.

1. Subcutaneous introduction of 18G spinal needle transfascially from one edge of port under laparoscopic vision.
2. Through the lumen of spinal needle No.1 polyamide suture of 15 to 20cm length is passed inside under vision.
3. The end of suture is held by the grasper under vision.
4. The spinal needle is withdrawn outside the abdominal wall while holding the end of the suture material inside using the grasper under vision.
5. A loop is formed with the same thread outside the abdominal wall and spinal needle is reintroduced inside the abdomen transfascially from the other edge of the port under vision.
6. The one end of the suture that was held before, is passed through the loop intracorporeally with the help of the grasper.
7. The loop along with the end of the suture is withdrawn extracorporeally and knot is placed under vision.

Results:

We have used this technique over 300 general, gastrointestinal and gynaecological procedures over last 2 years. No port site hernias were seen in the mean follow up of 12 months.

Advantages of the procedure :

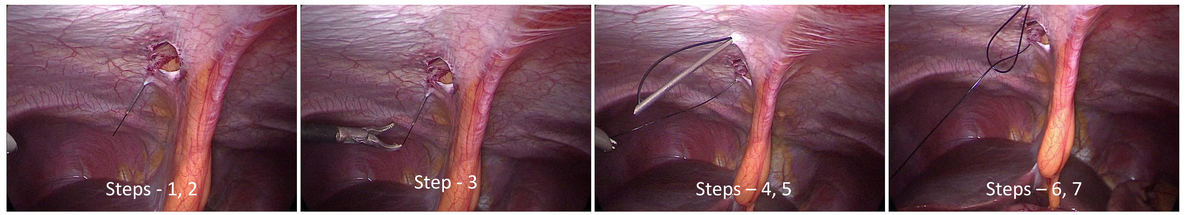
Port closure is done under vision with maintenance of pneumoperitoneum during the entire procedure ensuring complete safety and assurance of transfascial closure.

Only one spinal needle is required which is readily available in any operative room unlike many techniques requiring special port closure devices.

Spinal needle enters even the scar tissues with ease so that, it can be used even in previously operated or scarred abdominal tissues.

Conclusion:

EXINTRA SPIN port closure technique is safe, easily performed reliable method of port closure under complete vision which doesn't require special instrument.



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