

*Lincoln Surgeon James Maly Performs Nebraska's First
Single-incision Laparoscopic Hysterectomy
at BryanLGH Medical Center*

For women who are facing a hysterectomy in their future, there is exciting new technology that makes this already minimally invasive surgery even less invasive. The procedure is called single-incision laparoscopic surgery. James Maly, MD, OBGYN, Women's Clinic of Lincoln, is the first in Lincoln to use this technology to perform hysterectomies with almost no visible scar left behind – only a tiny mark, about 1-inch long, within the belly button.

In the mid-1990's, Dr. Maly was among a select group of surgeons in Lincoln to first embrace laparoscopic technology for hysterectomies. Compared to traditional, open-incision, abdominal hysterectomies, this minimally-invasive surgery requires only three small, ½-inch incisions. Women benefit from less pain, shorter hospital stays, faster recovery and smaller scars.

Now, new advances in instrumentation have taken minimally-invasive surgery to the next level - one incision vs. three. A single, flexible port, fitted through one small incision within the belly button, has the capacity for up to three laparoscopic instruments.

“This new advance incorporates all the clinical benefits of a total laparoscopic procedure with the advantages of improved patient comfort and cosmetic results,” says Dr. Maly. “My patients like the aesthetic appeal of having fewer post-operative scars. Plus, fewer incisions can mean less risk for infection and less risk for bleeding.”

*James Maly, MD, OBGYN, gynecological surgeon, Women's Clinic of Lincoln
is the first surgeon in Nebraska to perform single incision laparoscopic hysterectomies.*