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## Laparoscopic Ovarian Dermoid Cystectomy in 10 Steps

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1 **Video article**

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3 **Laparoscopic ovarian dermoid cystectomy in 10 steps**

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26 nothing to disclose.

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28 **Precis:** laparoscopic cystectomy for ovarian teratoma realized in a 10 steps  
29 standardized surgery to make this procedure easier and safe.

30 **Abstract:**

31 **STUDY OBJECTIVE:**

32 Laparoscopic cystectomy for ovarian teratomas has the advantages of a minimally  
33 invasive approach. The standardization and description of the technique are the main  
34 objectives of this video. We described the surgery in 10 steps, which could help make  
35 this procedure easier and safer.

36 **DESIGN:**

37 Step-by-step video demonstration of the technique

38 **SETTING:**

39 A French university tertiary care hospital.

40 **PATIENTS:**

41 Patients with ovarian teratomas with indication for laparoscopic cystectomy. The local  
42 institutional review board ruled that approval was not required for this video article  
43 because the video describes a technique and does not report a clinical case.

44 **INTERVENTION:**

45 Standardized laparoscopic cystectomies were recorded to realize the video.

46 **MEASUREMENTS AND MAIN RESULTS:**

47 This video presents a systematic approach to cystectomy for teratoma clearly divided  
48 into 10 steps: (1) planning of the surgery; (2) ergonomics and materials; (3) exploration  
49 and cytology; (4) prevention of peritoneal spillage; (5) mobilization of the ovary; (6)  
50 incision of the ovary; (7) dissection; (8) hemostasis; (9) exteriorization of the cyst; (10)  
51 washing and exploration.

52 **CONCLUSION:**

53 Standardization of laparoscopic cystectomy for ovarian teratoma could make this  
54 procedure easier and safer to perform. The 10 steps presented help to perform each  
55 part of surgery in logical sequence making the procedure ergonomic and easier to

56 adopt and learn. Moreover, the standardization of the surgical techniques could  
57 reduce the learning curve.

58 **Keywords:** 10 steps, cystectomy, laparoscopy, ovarian teratoma, standardization

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60 **Disclosure statement:** The authors declare that they have no conflicts of interest and  
61 nothing to disclose.

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72 when removing a dermoid cyst prevent granulomatous peritonitis? BJOG. 2010;  
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75 **Video legend:**

76 Video 1: "lap ov cystectomy"