



**HAL**  
open science

## Surgical Technique for Endometrioma in 10 Steps

Nicolas Bourdel, Sara Paracchini, Pauline Chauvet, Valentina Fava, Krzysztof Galczyński, Michel Canis

► **To cite this version:**

Nicolas Bourdel, Sara Paracchini, Pauline Chauvet, Valentina Fava, Krzysztof Galczyński, et al.. Surgical Technique for Endometrioma in 10 Steps. *Journal of Minimally Invasive Gynecology*, 2020, 27, pp.260 - 261. 10.1016/j.jmig.2019.07.023 . hal-03489983

**HAL Id: hal-03489983**

**<https://hal.science/hal-03489983>**

Submitted on 21 Jul 2022

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.



Distributed under a Creative Commons Attribution - NonCommercial 4.0 International License

1 Video article

2

3 **Surgical technique for the endometrioma in 10 steps**

4

5

6 Nicolas Bourdel<sup>1,2</sup>, MD, PHD; Sara Paracchini<sup>1,3</sup>, MD; Pauline Chauvet<sup>1,2</sup>, MD;

7 Valentina Fava<sup>1,4</sup>, MD; Krzysztof Gałczyński<sup>5,6</sup>, MD, PHD; Michel Canis<sup>1,2</sup>, MD, PHD

8

9 1- Department of Gynaecological Surgery, CHU Estaing, Clermont-Ferrand, France

10 2- EnCoV, IP, UMR 6602 CNRS, Université Clermont Auvergne, Clermont-Ferrand,  
11 France

12 3- Department of Surgical Sciences, AOU Città della Scienza e della Salute di Torino,  
13 Italy

14 4- Department of General Surgery and Medical Surgical Specialities, University of  
15 Catania, Italy

16 5- Siedlce University of Natural Sciences and Humanities, Faculty of Natural Sciences,  
17 ul. Konarskiego 2, 08-110 Siedlce, Poland

18 6- Second Department of Gynaecological Oncology, St. John's of Dukia Cancer  
19 Centre of Lublin, ul. Konarskiego 7, 20-090 Lublin, Poland

20

21 **Corresponding author:** Nicolas Bourdel, MD, PHD, Department of Gynaecological  
22 Surgery, CHU Estaing, 1 Rue Lucie Aubrac, 63100, Clermont-Ferrand, France;  
23 EnCoV, IP, UMR 6602 CNRS, Université Clermont Auvergne, 28 Place Henri Dunant,  
24 63000 Clermont-Ferrand, France.

25 E-mail: nicolas.bourdel@gmail.com

26

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

29 **Fundings:** no funding was received for the realization of this video.

30

31 **Precis:** Laparoscopic cystectomy for endometrioma realized in a 10 steps  
32 standardized surgery.

33

34 **Abstract:**

35 **STUDY OBJECTIVE:**

36 Laparoscopic cystectomy for endometrioma has the advantages of a minimally  
37 invasive approach. The standardization and description of the technique are the main  
38 objectives of this video. We described the surgery in 10 steps, which could help to  
39 make this procedure easier and safer.

40 **DESIGN:**

41 Step-by-step video demonstration of the technique

42 **SETTING:**

43 A French university tertiary care hospital.

44 **INTERVENTION:**

45 Two standardized laparoscopic cystectomy were recorded to realize the video. The  
46 local institutional review board ruled that approval was not required for this video  
47 article because the video describes a technique and does not report a clinical case.

48 This video presents a systematic approach to cystectomy for endometrioma clearly  
49 divided into 10 steps: (1) preoperative evaluation<sup>1</sup>; (2) diagnosis and exploration<sup>2</sup>; (3)  
50 adhesiolysis, mobilization of the ovary; (4) cyst rupture, exposition of the entry site; (5)  
51 identification of the cleavage plan; (6) endometrioma easy dissection; (7)  
52 endometrioma difficult dissection; (8) hemostasis, reconstruction of the ovary<sup>3</sup>; (9)  
53 exploration of the ovarian fossa; (10) washing, extraction of the cyst<sup>3,4</sup>.

54 **CONCLUSION:**

55 Standardization of laparoscopic cystectomy for endometrioma could make this  
56 procedure easier and safer to perform. The 10 steps presented help to perform each

57 part of surgery in logical sequence making the procedure easier to realize. Moreover,  
58 the standardization of the surgical techniques may reduce the learning curve.

59

60 **Keywords:** 10 steps, cystectomy, endometrioma, laparoscopy, standardization

61

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

64

65 **References:**

66 1. Bourdel N, Roman H, Mage G, Canis M. Surgery for the management of ovarian  
67 endometriomas: from the physiopathology to the pre-, peri- and postoperative  
68 treatment. *Gynécologie Obstétrique Fertil.* 2011; 39(12):709-21.

69 2. Bourdel N, Canis M. Treatment strategies in presumed benign ovarian tumors. *J*  
70 *Gynécologie Obstétrique Biol Reprod.* 2013; 42(8):802-15.

71 3. Pouly J-L, Canis M, Velemir R, et al. Endometriosis related infertility. *J*  
72 *Gynécologie Obstétrique Biol Reprod.* 2007; 36(2):151-61.

73 4. Dunselman GA, Vermeulen N, Becker C, et al. ESHRE Endometriosis Guideline  
74 Development Group. Guideline on the management of women with endometriosis.  
75 *Hum Reprod.* 2014; 29(3):400-12.

76

77 **Legend:**

78 Video article on laparoscopic cystectomy for endometrioma realized in 10 steps.