Title

Fertility Preserving Endometriosis Excisional Surgery using Diode Laser

Aim & Objective

To present fertility preserving surgical technique in excision and vaporisation of endometriomas & extra ovarian endometriosis using diode laser.

Diode laser being used as an alternative to conventional bipolar energy / ultrasonic vessel sealers.

Materials & Methods

Diode laser (980nm - 1470nm) is used with a 1000 micrometer conical fibre to excise superficial peritoneal endometriosis (butterfly peritonectomy) and to vaporise cyst wall of endometrioma in order to preserve ovarian reserve (primordial follicles) and safeguard AMH count.

Result

Post operative symptomatic relief noted (dysmenorrhea / chronic pelvic pain)
AMH count 1 month post surgery and 6 months post surgery reviewed and found to be almost equal to pre-operative value. No evidence of recurrence upto one year post surgery.

Conclusion

In the era of endometriosis as a disease showing a surge in adolescents and girls of young reproductive age group; it is prudent to strike a balance between fertility preservation, limiting disease progression and improving quality of life.

We need to revisit the use of diode laser in select cases requiring surgical intervention, in whom preservation of ovarian reserve also remains priority.