

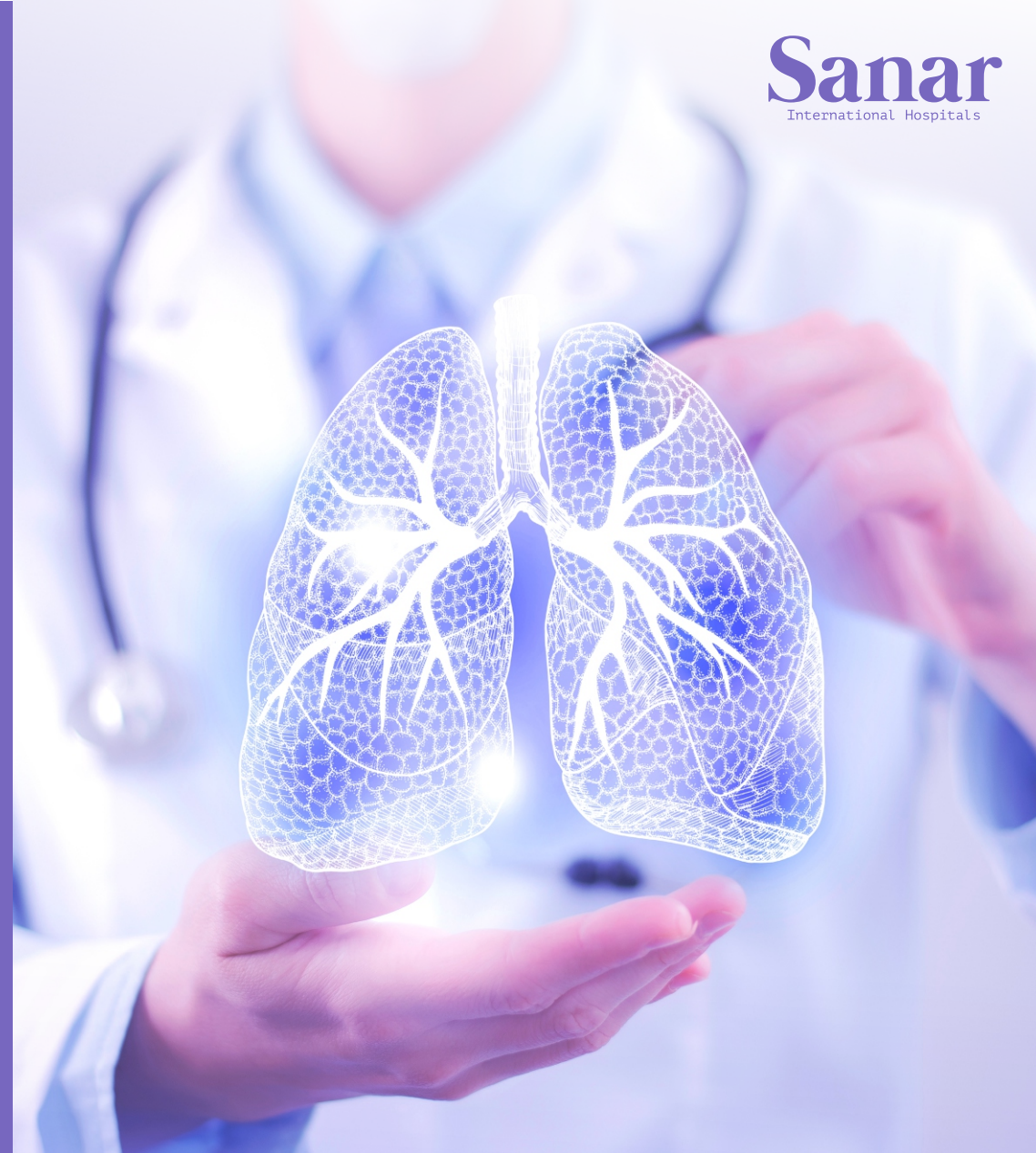
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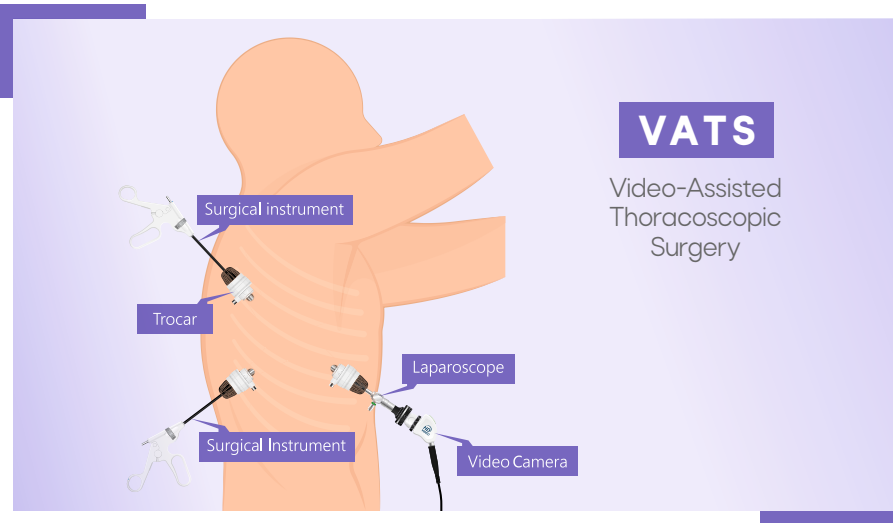
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What is  
**VATS?**

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## What is Video-Assisted Thoracoscopic Surgery (VATS)?

Video-Assisted Thoracoscopic Surgery (VATS) is a specialised surgical procedure used to diagnose and treat various conditions within the chest, such as the lungs, mediastinum, esophagus and pleura. Unlike traditional open chest surgery, VATS involves using a tiny camera (Thoracoscope) and small surgical instruments inserted through small incisions in the chest. This minimally invasive approach often results in reduced post-operative pain, shorter hospital stays, and faster recovery compared to traditional open surgery.

## Why is VATS Performed?

VATS may be performed for various diagnostic and therapeutic purposes, including but not limited to:

- **Biopsy:** To obtain tissue samples for further examination, especially for suspected Lung Cancer, Mediastinal Tumours, or other Thoracic abnormalities
- **Lobectomy:** To remove a section (lobe) of the lung affected by Cancer or other conditions
- **Esophagogastrectomy:** Treatment of Esophageal (food pipe) Cancers.
- **Decortication:** To remove the fibrous layer that forms around the lung (pleura) due to conditions such as Empyema or Pleural Effusion
- **Treatment of other thoracic conditions:** Including Bullae (large air pockets in the lung), Lung Cyst, or Infections in the chest cavity
- **Sympathectomy:** To treat excessive sweating (hyperhidrosis) or certain types of chronic pain

## Benefits of VATS

VATS offers several advantages over traditional open surgery, including:

- Reduced post-operative pain
- Smaller incisions, resulting in minimal scarring
- Shorter hospital stay compared to open surgery
- Quicker recovery and return to daily activities
- Reduced risk of complications, such as infections and blood loss
- Enhanced visualization for the surgeon, leading to more precise surgical outcomes

## Risks and Complications

Invasive VATS is a minimal approach to diagnose and treat various chest disorders and has no additional risks or complications compared to traditional open surgical approach.

## Recovery After VATS

Following VATS, the patient can expect a relatively quick recovery compared to traditional open surgery. The hospital stay may last anywhere from a few hours to a couple of days, depending on the specific procedure and the patient's condition.

The patient may experience some discomfort, which can be managed effectively with pain medication. The healthcare provider will guide the patient through the recovery process, including wound care, breathing exercises, and physical activity recommendations.

## When to Seek Medical Help

While it's normal to experience some discomfort after the surgery, certain symptoms may indicate complications. Contact your healthcare provider immediately if you experience:

- Excessive bleeding or fluid drainage from the incision sites
- Severe chest pain or difficulty breathing
- Persistent fever
- Worsening pain that does not respond to prescribed medications
- Sudden onset of shortness of breath, which may indicate a blood clot

## Follow-Up Care

The healthcare provider will schedule follow-up appointments to monitor patient's recovery progress. It's essential to attend these appointments and follow the instructions provided. They may include recommendations for lifestyle changes, medications, or further treatments, if necessary.