

Freedom from:

- Bleeding
- For ectopic pregnancy
- For ovarian cyst
- Adenomyosis
- Fibroids

OUR EXPERT



Dr. G Vindhya

MBBS, DGO, DNB

Laparoscopic Surgeon - Scar free (vNOTES)

Expert in Management of High Risk Pregnancy First
vNOTES (Scar Free) Laparoscopy Surgeon in Hyderabad

Dr. Vindhya Gemaraju is a Senior Consultant in Obstetrics and Gynecology at Apollo Cradle and Children's Hospitals, Hyderabad. She has outstanding knowledge and expertise in dealing with high-risk pregnancies.

She is the first vNOTES Laparoscopy surgeon in Hyderabad. She has performed thousands of Laparoscopy and vaginal surgeries prior to achieving vNOTES credibility. She is an expert in dealing with complicated cases, with a proven history of result-driven outcomes. Dr. Vindhya Gemaraju is passionate about women's well-being & quality care.

Expertise in

- vNOTES
- Women's Health Care
- Laparoscopy Surgeries
- Natural Orifice Surgery

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Opp. Concu, Khajaguda, Nanakramguda Main Road,
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**ADVANCED TECHNOLOGY FOR
MINIMALLY INVASIVE
vNOTES PROCEDURE**



Can major gynecological procedures be done without cuts, stiches & scar? Can I resume my work and recover quickly after a gynecological surgery?

Can I expect no pain and early discharge even after procedures like Hysterectomy?

The answer is YES! With vNOTES - An advancement of minimally invasive surgeries, you can expect all of the above and more.

Over the past decade, there has been a revolution in the availability of minimally invasive procedures in most surgical fields. Many attempts have been made to offer significant benefits to patients utilizing the newer technological advancements. vNOTES is one such revolution that helps women get an easy and effective cure for major gynecological problems.

What is vNOTES Procedure?

NOTES stands for - Natural Orifice Transluminal Endoscopic Surgery (NOTES), which utilises the natural openings, such as the mouth, vagina, urethra, and rectum to gain access into the peritoneal cavity. This is thus used to perform endoscopic surgeries without the need for any external cut on the body. vNOTES utilizes the vaginal opening to perform surgeries and stands for vNOTES- Vaginal Natural orifice Transluminal endoscopic surgeries.

Vnotes was introduced for gynaecological surgeries in the year 2012, and in 2019 2019, Dr Vindhya Gamaraju, brought this technology to our Hyderabad and was the FIRST person to start vNOTES procedures in South India. She is pioneer in this technology and has performed over 100+ procedures utilizing vNOTES. She has also inspired other Gynecologists to adopt this newer technique.

The vNOTES technology combines the benefits of laparoscopic and vaginal surgeries, using new advanced access platforms, and is the next frontier in gynaecological surgeries.

What can I expect during a vNOTES surgical procedure?

After making you comfortable your gynecologist will use endoscopic equipment to gain access to the inside of your body through the vagina. Minor cuts inside the vagina may be required during the procedure. After gaining access, special equipment is used to safely complete the required surgical procedure. vNOTES procedure is done under general anesthesia to assure you stay comfortable throughout.

Which gynecological procedures can be performed using vNOTES?

A wide range of surgical procedures can be effectively performed utilizing vNOTES. Some of them include

- Hysterectomy- for heavy, bleeding fibroids
- For ectopic pregnancy
- For ovarian cyst
- Removal of abnormal tubes
- Adenomyosis
- Removal adenexa (both tube and ovary)

What are the advantages of vNOTES procedure?

vNOTES has been shown to provide several benefits to patients, as compared to laparoscopy or any other approach.

- It can be used to perform surgeries for pelvic organs like Ovaries, & Uterus without any cuts and scars on the abdomen.
- The intra-peritoneal complications such as bleeding, bladder/ureter injuries, bowel perforation, and infection, etc., are fewer with vNOTES.
- Early discharge and quick recovery
- Negligible post-operative pain
- Lesser need of pain-killers

Who can opt for vNOTES surgery?

Any woman with gynecological problems can safely opt for vNOTES.

It can prove more beneficial in patients with:

- Multiple Abdominal Scars
- Obesity
- Patient prone to hernia
- Patient with loose abdominal wall

vNOTES- A surgical technique revolutionizing the cure for modern women of today!

vNotes is a safe surgical alternative for all women. In today's busy world when most women are working and have responsibilities and commitments, work-life balance is of utmost importance. Increasing stress may predispose a woman to many gynecological concerns, but time constraints that she may have often lead to unwanted delays in treatments and further complications. This is especially applicable for treatments requiring surgical intervention. vNotes, an advancement of the much sought-after minimally invasive surgical technique offers significant advantages, especially to women seeking a quick cure. By utilizing newer techniques, vNotes enables early discharge and less post-operative pain which allows women to resume their regular activities at the earliest.

Traditional Open Surgery		Laparoscopic		Robotic Laparoscopic		vNotes Laparoscopic	
Scars	Very Large Scar	Visible Scars	Multiple Tiny Incision	Small parts such as neck, ear, etc	Most of the body parts	Very Less	No Visible Scars
Incision	Single Large Incision	Ok	Ok	Ok	Ok	Very Short	Scars
Most Suitable for	Most of the body parts	Ok	Ok	Best	Best	Rare	Incision
Normal Patients	Ok	Less	Less	Very Short	Very Short	Very Low	Normal Patients
Obese Patients	Ok	Short	Short	Very Short	Very Short	Rare	Obese Patients
Post operative pain	Ok	Rare	Rare	Rare	Rare	Very Low	Post operative pain
Recovery time	Ok	Rare	Rare	Rare	Rare	Very Low	Recovery time
Risk of Infection & blood loss	Ok	Very High	Very High	Very High	Very High	High	Risk of Infection & blood loss
Hospital Stay	Often	Often	Often	Often	Often	High	Hospital Stay
Economical view (Tentative)		1.0x		4.0x		1.1x	