



# Spring Newsletter 2013



**LAP Surgery Australia**  
**Head office**  
**Langwith Consulting Suites**  
**2 Langwith Avenue**  
**Boronia 3155**

**AMPLE FREE PARKING**

**Consulting at:**  
**Boronia, Mulgrave, Berwick,**  
**Mornington and Rosebud**

**Operating at:**

**The Valley Private Hospital**  
*Cnr Police and Gladstone Roads*  
*Mulgrave*

**Knox Private Hospital**  
*262 Mountain Highway*  
*Wantirna*

**St John of God**  
*Gibb Street*  
*Berwick*

**The Bays**  
*Vale Street*  
*Mornington*

**For all Appointments**  
**Phone (03) 9760 2777**  
[www.lapsurgeryaustralia.com](http://www.lapsurgeryaustralia.com)



## First 3D Laparoscopic 30 degree Video Camera System in Australia

On Friday the 12th of July one of our key surgeons Mr Chris Hensman performed the first 30 degree 3D video camera keyhole surgery in Australia at The Valley Private Hospital.

Mr Hensman removed a gallbladder from an otherwise healthy 30 year old female patient using the first real time 3D imaging system.



The System creates an internal image of a patients organs that would until now only have been possible with open surgery. This new depth of field environment reduces risk of error and decreases the time of an operation significantly!

The Valley Private Hospital has won the race to use this cutting edge technology over the UK and USA. Surgery has never been as accurate and safe as with this system.

# The Valley Private Hospital

## Committed to supporting The Valley Private Hospital.

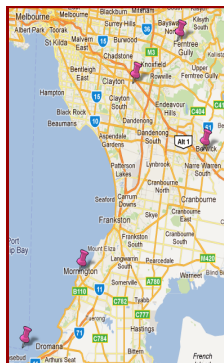
Ray Richard and Chris are committed to supporting the Valley Private and they know that the growing population in the South East should have the advantage of quality health care in their own region.

It is the support and loyalty of experienced Consultants like themselves that has enabled The Valley Private Hospital to develop into the facility it is today serving the local community. It is important to know that they can operate with up to date equipment and that their patients are well catered for.

The Hospital was opened on May 13th 1984. The LAP Surgery Australia Surgeons are proud to have been associated with the hospital since that time.

### Locations

- Boronia
- Mulgrave
- Berwick
- Mornington
- Rosebud





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Inguinal Hernia –The Totally Extraperitoneal (TEP) Repair – is a “keyhole” technique for inguinal hernia repair now internationally recognised as the “gold standard”



*Large incisions for non-keyhole operation*



*Tiny incisions for keyhole operation*

The main advantages of this technique are:

- Only 3 tiny incisions – both sides can be done through these same incisions
- Less discomfort
- Faster return to normal activities
- Minimal post-operative swelling and bruising
- Protects against later development of femoral hernia

Although appropriate for single sided hernias in most patients, it is particularly indicated in bilateral hernias and for recurrences after previous open surgery.

The TEP procedure, as its name suggests, takes place between the peritoneum and the anterior abdominal muscles, the peritoneal space is not entered.

The repair is performed with a sophisticated layered mesh made of polyethylene secured with absorbable staples. This means that the recurrence rate is exceptionally low.

## We Welcome Dietitian Alex Hoare

## Miss Alex Hoare BHSc, MDiet, APD, AN

Alex Hoare is an Accredited Practising Dietitian and Accredited Nutritionist, specialising in the management of obesity and weight loss. Alex is a full time member at LapSurgery Australia and is able to provide ongoing nutritional care, support and guidance to assist people on their weight loss journey. Alex can also manage the nutritional requirements of a variety of health conditions including diabetes, reflux, bowel issues and cancer through nutritional assessments and nutritional care plans.

Alex is a member of OSSANZ and the Dietitians Association of Australia (DAA) and regularly attends conferences and seminars to keep up to date with the latest research and evidence based practices. Appointments can be made with Alex for any dietary advice as she is passionate and committed to helping people improve their health through food and nutrition.



## Mr. Ray McHenry, Mr. Chris Hensman and Mr. Richard Gilhorne Specialising in Key Hole Surgery for

**Weight Control**

**Excessive Sweating**

**Hiatus Hernia**

**Inguinal and Incisional Hernia**

**Gall Bladder**

**Carpal Tunnel Release**

**Reflux Clinic:** High Resolution Impedence Manometry and Nissen Fundoplication

We are also happy to accept referrals for Small procedures i.e. lumps and bumps

