

Technical Bulletin

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Article Title: Identifying risk factors for abdominal adhesions: preliminary findings of a prospective study

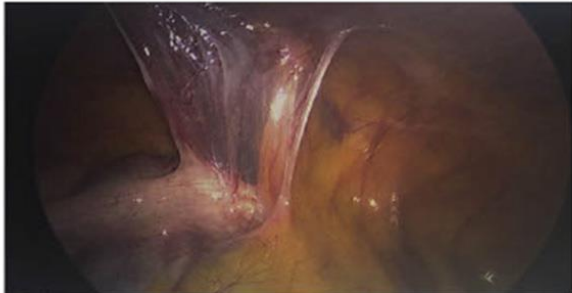

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Executive Summary

- The objective of this study is to identify relevant risk factors for development of abdominal and pelvic adhesions in women based on their prior medical and surgical history. The primary outcome of this study is the presence and severity of adhesions identified at the time of laparoscopy for benign gynecologic disease.

Key Points

- A total of 490 laparoscopic cases have been collected, with an overall adhesion incidence of 58.98%. The most common prior inflammatory event was presence of endometriosis; among the endometriosis cases with no prior surgeries, the adhesion incidence was 61.29%.
- The most common preceding abdominal surgical event was a **Cesarean section**. Adhesions were present in 87.8% of cases with prior Cesarean, predominantly in the lower or mid-central abdomen:
 - ✓ 44.4% as filmy
 - ✓ 33.3% as dense
 - ✓ 22.2% as cohesive.
- The second most common procedure by laparotomy was **abdominal myomectomy** of which 90.1% had adhesions predominantly in the central lower pelvis. There was a relatively even distribution of adhesion types. This is in contrast to the cases of laparoscopic myomectomy without prior abdominal surgery of which 80% had adhesions noted in the lower or mid pelvis. These adhesions were filmy in 75% of the cases.
- **CONCLUSION:** Our preliminary findings highlight the need for vigilance regarding anticipated intraabdominal adhesions.

Adhesion Severity Score	Description	Visual
1	Filmy/avascular = mild severity; localized; avascular; easily lysed and failing to bleed; filmy adhesion; easy to separate by blunt dissection	
2	Dense/vascular = mild severity; moderate extent; vascular; easily lysed but bleeding at time of lysis; stronger adhesion blunt dissection possible, partly sharp dissection necessary; beginning of vascularization	
3	Cohesive/attached = severe; extensively localized; thick; requiring extensive sharp dissection; very strong adhesion; lysis possible by sharp dissection only; organs strongly attached with severe adhesions; damage of organs hardly preventable	