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Press Release

HYGEIA: Removal of the thymus gland with the da Vinci robotic system

The first ever procedure in Greece to remove the thymus gland (thymectomy) using the robotic-assisted Da Vinci surgical system was performed successfully at HYGEIA Hospital.

The procedure was performed by the physicians of the 3rd Cardiac Surgery Clinic on a 30-year-old male who was suffering from myasthenia gravis. The thymus gland is located in the thoracic cavity, in front of the heart, and its removal is recommended in certain diseases, such as myasthenia or tumors.

The Director of the 3rd Cardiac Clinic, Pr. Aristotelis Panos, who performed the operation, said, "This surgery is usually performed by fully opening the sternum, resulting for the patient in more extensive wounds. With the robotic surgery, the thymus gland was removed through 3 holes, measuring 2 cm each, on the left chest. Due to this method, the thymus was removed completely and with great precision, no blood transfusion was needed and the aesthetic result was perfect. The patient did not need to be hospitalized in the intensive care unit and was discharged on the 2nd postoperative day."

As Pr. Panos added, "Robotic-assisted chest surgery expands the limits of cardiothoracic surgery, as it increases the surgeon's capabilities and offers significant benefits to the patient, provided there is the necessary experience and specialization. The advantages of robotic-assisted surgery, such as stereoscopic vision and the use of articulating instruments, offer to the surgeon the possibility of performing fine movements, without damaging the neighboring organs and tissues. There are also plenty of advantages for the patient, such as reduced blood loss, less transfusions, significantly reduced postoperative pain, brief, one- or two-day hospitalization, fast recovery and quick return to normal activities."

Only a few specialized centers around the world can perform this specific surgery, complementing robotic-assisted myocardial bypass and mitral valvuloplasty procedures. Such surgeries are being successfully performed at HYGEIA Hospital for the last three years.