

# Laparoscopic Management of Complex Hydatid Disease in an 82-Year-Old Patient



**We share an exceptional case recently managed by Dr. Arif, General Surgeon at Melomed Mitchells Plain, showcasing expert multidisciplinary care and advanced surgical decision-making.**

An 82-year-old female patient presented in January 2025 with severe upper abdominal pain. Diagnostic imaging, including ultrasound and CT scan, revealed multiple hydatid cysts affecting the lungs, liver, and brain. A gastroscopy also identified active gastritis and a small hiatus hernia. She was initially managed conservatively with a course of medication.

However, the patient returned on 29 March 2025 with escalating abdominal pain. Follow-up imaging indicated a significant increase in the size of one hepatic cyst.

After thorough risk assessment and discussion with her family, Dr. Arif opted for a minimally invasive laparoscopic procedure—a bold and progressive approach considering her age and comorbidities.

On 1 April 2025, Dr. Arif successfully performed a laparoscopic decompression of three large, accessible liver cysts. This technique, typically done through open surgery at most centres, was chosen to minimise recovery time and improve patient comfort.

We are pleased to report that the patient is recovering well and will continue her six-month Albendazole treatment with regular follow-up. Dr. Arif extends his gratitude to the dedicated team involved, including Dr. Moses and Dr. Frank, and our skilled theatre nursing team at Melomed Mitchells Plain, for their outstanding support throughout the case.

**This case highlights Melomed Mitchells Plain's commitment to innovative, patient-centred care, even in complex and high-risk situations.**

