PURE NOTES GALLBLADDER-PRESERVING POLYPECTOMY VS. LAPAROSCOPIC CHOLECYSTECTOMY FOR GALLBLADDER POLYPS: A PROPENSITY MATCHED STUDY

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A retrospective propensity-matched comparison of 38 patients found pure NOTES gallbladder-preserving polypectomy for gallbladder polyps had longer operative time than laparoscopic cholecystectomy but no postoperative pain, no long-term symptoms, and no polyp recurrence at 23-month median follow-up.

KEY POINTS

- Technical success was 100% in both groups, but median procedure time was significantly longer with NOTES (155.4 minutes) than laparoscopic cholecystectomy (66.9 minutes, $p<0.001$).
- No postoperative pain occurred in the NOTES group, while 47.4% of laparoscopic cholecystectomy patients experienced incision-related pain.
- At 23-month median follow-up, 52.6% of laparoscopic cholecystectomy patients had post-cholecystectomy syndrome (fat intolerance 33.3%, right upper abdominal pain 27.8%, stool habit changes 22.2%), whereas the NOTES group had no such symptoms and no polyp recurrence.
- The authors conclude both approaches are feasible and effective, with NOTES offering organ preservation and fewer long-term complications despite longer operative time.
- This retrospective single-center study of 19 matched pairs may inform clinicians considering gallbladder-preserving options for polyp management.

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