ISSN: XXXX-XXXX Volume 01, Issue 01, February, 2026

Scienta Press Journals

American Surgeon
Journal of Surgical Science and Medical Advances

Comparison of clinical outcomes between laparoscopic and open appendectomy in adult patients

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Abstract

Appendectomy remains one of the most frequently performed emergency surgical procedures worldwide. While laparoscopic appendectomy has become increasingly common, open appendectomy is still practiced in many settings. This multicenter study compares clinical outcomes between laparoscopic and open appendectomy in adult patients, focusing on operative duration, postoperative complications, pain intensity, and length of hospital stay. The findings indicate that laparoscopic appendectomy is associated with improved postoperative recovery and reduced complication rates, supporting its role as the preferred surgical approach in uncomplicated cases.

Keywords: Appendectomy, laparoscopic surgery, open surgery, postoperative outcomes, general surgery

1. Introduction

Acute appendicitis is a leading cause of emergency abdominal surgery. Since the introduction of laparoscopic appendectomy, minimally invasive techniques have demonstrated potential benefits including reduced postoperative pain, faster recovery, and improved cosmetic outcomes. Despite these advantages, open appendectomy remains relevant due to cost considerations, surgeon expertise, and patient complexity. This study aims to provide updated comparative evidence on outcomes between laparoscopic and open appendectomy in adult populations.

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2. Materials and Methods

2.1 Study Design

A **retrospective multicenter cohort study** conducted across three tertiary hospitals in southern Germany from **January 2023 to December 2024**.

2.2 Study Population

A total of **240 adult patients** diagnosed with uncomplicated acute appendicitis were included:

- **Laparoscopic Appendectomy (LA):** 130 patients
- **Open Appendectomy (OA):** 110 patients

2.3 Outcome Measures

- Operative time (minutes)
- Postoperative pain (VAS score, day 1)
- Length of hospital stay (days)
- Surgical site infection (SSI)
- Overall postoperative complications

2.4 Statistical Analysis

Independent t-tests and chi-square tests were applied. Statistical significance was defined as $p < 0.05$.

3. Results

Table 1. Operative and Recovery Outcomes

Outcome	Laparoscopic (Mean ± SD)	Open (Mean ± SD)	*p* Value
Operative Time (min)	58 ± 12	52 ± 10	0.018*
Hospital Stay (days)	2.1 ± 0.7	3.6 ± 1.2	<0.001*
Pain Score (VAS)	3.1 ± 0.9	5.2 ± 1.3	<0.001*

* Statistically significant

Table 2. Postoperative Complications

Complication	Laparoscopic (%)	Open (%)	*p* Value
Surgical Site Infection	4	14	0.009*
Overall Complications	7	18	0.012*
Readmission (30 days)	3	8	0.048*

* Statistically significant

4. Discussion

The results demonstrate that laparoscopic appendectomy offers superior postoperative outcomes compared to open appendectomy, particularly in terms of reduced pain, shorter hospitalization, and lower infection rates. Although operative time was slightly longer for laparoscopic procedures, this difference was clinically insignificant and outweighed by recovery benefits.

Lower complication rates in the laparoscopic group may be attributed to reduced tissue trauma and improved visualization. These findings align

with contemporary evidence supporting minimally invasive surgery as the standard approach for uncomplicated appendicitis in adult patients.

5. Conclusion

Laparoscopic appendectomy is associated with improved postoperative recovery, fewer complications, and shorter hospital stays compared to open appendectomy. Based on these findings, laparoscopic techniques should be prioritized in adult patients when surgical expertise and resources are available.

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