

# Laparoscopic Hysterectomy

## What Is A Laparoscopic Hysterectomy?

A laparoscopic hysterectomy is a minimally invasive surgical procedure where your uterus is removed using small incisions and specialised instruments. Unlike traditional open surgery, which requires a large incision, laparoscopic surgery involves a few small incisions, typically cm in size. A camera (laparoscope) is inserted through one of these incisions, allowing your gynaecologist to view your pelvic organs on a monitor and perform the surgery with precision.

## Why Is A Laparoscopic Hysterectomy Performed?

This type of surgery is commonly performed to treat conditions such as heavy menstrual bleeding, fibroids, endometriosis, chronic pelvic pain, and certain types of cancer.

## Types Of Laparoscopic Hysterectomy

There are several types of laparoscopic hysterectomy, each tailored to your specific needs:

- **Total laparoscopic hysterectomy (TLH):** The uterus and cervix are completely removed using laparoscopic techniques.
- **Subtotal (supracervical) laparoscopic hysterectomy:** The upper part of the uterus is removed, leaving the cervix in place.
- **Laparoscopic-assisted vaginal hysterectomy (LAVH):** The uterus is removed through the vagina with the assistance of laparoscopic tools.
- **Robotic-assisted laparoscopic hysterectomy:** This variant involves using a robotic system to enhance surgical precision.

The choice of procedure depends on your medical history, the reason for the hysterectomy, and your gynaecologist's assessment.

## Why Consider A Laparoscopic Hysterectomy?

Laparoscopic hysterectomy offers several advantages over traditional open surgery:

- **Minimally invasive:** The small incisions mean less trauma to your body, reduced scarring, and

quicker recovery times.

- **Shorter hospital stay:** You'll typically stay in the hospital for 1-2 days, compared to 4-5 days for open surgery.
- **Reduced pain and discomfort:** The smaller incisions result in less post-operative pain, reducing the need for pain relief medication.
- **Faster recovery:** Most patients can return to normal activities within 2-4 weeks, whereas recovery from open surgery can take 6-8 weeks.
- **Lower risk of infection:** The reduced exposure of internal tissues to the external environment during laparoscopic surgery lowers the risk of infection.

## Who Will Benefit From A Laparoscopic Hysterectomy?

Laparoscopic hysterectomy is suitable for many women, but it may not be appropriate for everyone. Your eligibility will be determined by your gynaecologist based on several factors, including:

- **Underlying medical conditions:** If you have large fibroids, severe endometriosis, or previous pelvic surgeries, a laparoscopic hysterectomy may be more challenging but still possible.
- **Body mass index (BMI):** Although laparoscopic surgery is feasible for women of all body sizes, a higher BMI can increase the complexity of the procedure.
- **Medical history:** Previous abdominal surgeries or certain medical conditions might affect the suitability of a laparoscopic approach.

During your consultation, your gynaecologist will assess your individual situation and discuss the best surgical option for you.

## Preparing For A Laparoscopic Hysterectomy

Preparation involves several steps to ensure the procedure goes smoothly:

- **Pre-operative assessment:** You'll undergo a thorough medical assessment, including blood tests, imaging scans, and a review of your medical history.
- **Medication review:** Your gynaecologist will review any medications you're taking to determine if any need to be adjusted or stopped before surgery.
- **Fasting:** You'll be required to fast for a specific period before the surgery, usually starting the night before.
- **Bowel preparation:** In some cases, you may be advised to perform bowel preparation to clear your intestines before surgery.
- **Consent:** You'll be asked to sign a consent form after discussing the risks and benefits of the procedure with your gynaecologist.

## What To Expect On The Day Of Surgery

On the day of your laparoscopic hysterectomy:

- **Arrival:** You'll arrive at the hospital a few hours before the scheduled procedure. The surgical team will confirm your details and answer any last-minute questions.
- **Anaesthesia:** The procedure is performed under general anaesthesia, meaning you'll be asleep

and pain-free throughout the surgery.

- **Surgery:** The surgery typically takes 1-3 hours, depending on the complexity of the case.
- **Recovery:** After the surgery, you'll be moved to the recovery area, where you'll be monitored as you wake up from the anaesthetic.
- **Discharge:** Most patients are discharged within 1-2 days after the procedure. You'll be given detailed instructions for post-operative care before you leave the hospital.

## Recovery And Aftercare

Recovering from a laparoscopic hysterectomy is generally quicker and less painful than from an open hysterectomy. However, it's important to follow your aftercare instructions closely:

- **Rest:** Take it easy for the first few days and avoid strenuous activities. Light walking is encouraged to promote circulation.
- **Wound care:** Keep your incisions clean and dry. Your gynaecologist will provide specific instructions on how to care for your wounds.
- **Pain management:** You may experience mild discomfort, which can be managed with over-the-counter pain relief. Your gynaecologist may prescribe stronger medication if necessary.
- **Follow-up appointments:** Attend all scheduled follow-up appointments to ensure you're healing properly.
- **Watch for complications:** Contact your healthcare provider if you experience fever, severe pain, unusual discharge, or any other concerning symptoms.

## Risks And Complications

While laparoscopic hysterectomy is generally safe, as with any surgery, there are potential risks and complications, including:

- **Infection:** Though less common in laparoscopic procedures, there is still a risk of infection at the incision sites or internally.
- **Bleeding:** Excessive bleeding during or after surgery may require further intervention.
- **Damage to surrounding organs:** There is a small risk of damage to nearby organs such as the bladder, bowel, or blood vessels.
- **Blood clots:** The risk of developing blood clots in the legs or lungs is increased following surgery, particularly if mobility is reduced.

Your gynaecologist will discuss these risks with you in detail before the procedure.

## Why Choose Birmingham Gynaecology Clinic?

At Birmingham Gynaecology Clinic, we provide expert care for laparoscopic hysterectomies. Our experienced team of gynaecologists use state-of-the-art technology to ensure the best outcomes. We understand that deciding to undergo a hysterectomy is significant, and we are here to support you every step of the way.

## Contact Us

If you are considering a laparoscopic hysterectomy or have any questions about the procedure, please contact us to schedule a consultation. Your health and peace of mind are our top priorities. Reach out today to take the next step in your healthcare journey.