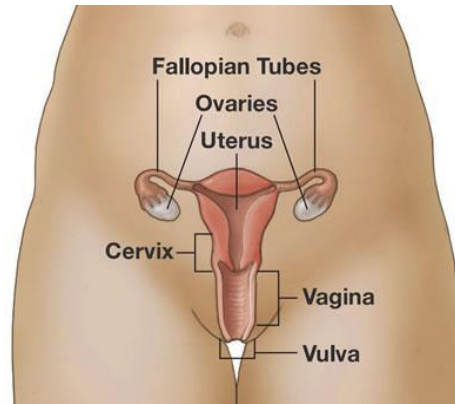


# What is a hysterectomy?

A hysterectomy is a surgery to remove your uterus. Your doctor may recommend this for various reasons like: abnormal bleeding, fibroids, pain, and pressure.

Depending on your condition, you may or may not choose to have your ovaries or fallopian tubes removed. Your doctor will discuss this with you to help you decide.



## How will my uterus be removed?

There are 3 main ways that your doctor may perform your hysterectomy. The way your uterus is removed depends on how large it is and other factors. When possible, we remove it vaginally, because the recovery is the easiest. Next best is laparoscopic removal, then abdominal. If your uterus is large or you have had certain surgeries in the past, we may only be able to remove it through the abdomen. Your doctor will discuss this with you at your “pre-operative” appointment.

	<b>Vaginal</b>	<b>Laparoscopic</b>	<b>Abdominal</b>
<b>Description</b>	The uterus is removed through an opening made inside the vagina. No cuts are made in the abdomen.	3-4 tiny openings are made in the abdomen. Surgical tools and a tube with a video camera on the end are then inserted.	A 4-10 inch cut is made in the abdomen, and the uterus is removed through this opening.
<b>Scar</b>	You will not be able to see a scar because the opening is made inside the vagina.	You will have one small scar in your belly-button and 2-3 small (<1 cm) scars on the sides of your abdomen.	You will have a 4-10 inch scar on your abdomen.
<b>Hospital stay</b>	1-2 days	1-2 days	2-5 days
<b>Pain</b>	Least	Some	Most
<b>Recovery Time</b>	Fastest	Fast	Slower
<b>Return to work</b>	2-3 weeks	2-3 weeks	4-6 weeks

For questions or to speak with a doctor, please contact our 5M clinic at **415-206-4380**.

## What will happen before my hysterectomy?

Before your hysterectomy, you may be asked to:

- Attend a pre-operative visit for a full, head-to-toe physical exam.
- Discuss and sign consent forms, giving us permission to do your surgery.
- Have blood, urine, and other tests.
- Stop taking certain medications.
- Stop eating and drinking after midnight the night before your surgery.
- Meet with the anesthesiologists to ensure that you are ready for surgery.
- You may need to see your primary care provider to make sure you are as healthy as possible for surgery.

At the hospital before the surgery begins:

- An IV line will be placed in your arm, which is used to provide fluids and medications.
- You will receive general anesthesia, which puts you in a sleep-like state that keeps you from feeling pain during the surgery.

## What will happen during my hysterectomy?

- A tube may be temporarily placed in your bladder to help you urinate.
- One or more openings are made in your belly and/or vagina. Your uterus will be removed through these openings. At the end of the surgery, the openings will be closed with stitches.

## What will happen after my hysterectomy?

After your surgery is finished, you will be brought into a recovery room as you wake up from anesthesia. Then you will be moved to a hospital room. You may spend a few days in the hospital as you recover.

- Pain: With any operation, you will likely feel some pain afterwards. However, you will be given pain medication, which will help relieve much of the discomfort. The pain should get better each day.
- Bleeding: You will have some bleeding from your vagina. As you heal from surgery, the bleeding should get less and less.
- Diet: Immediately after your operation, you may be given only liquids or light meals as your bowels may need time to return to normal.
- Activity: You will start to walk on either the day of surgery or the day after. You should also avoid heavy lifting and nothing should go in the vagina for at least 6 weeks after the surgery.

## When will I go home?

Once your bowels have recovered and you are able to eat without difficulty, urinate, walk, and your pain is under control, you should be able to go home.

Follow-Up: You will be scheduled for a follow-up appointment to see us in clinic about 2 weeks after your surgery. Even if you are feeling well, you should still come to this appointment so we can see how you are recovering, answer any questions you may have, and review what happened in your surgery.

For questions or to speak with a doctor, please contact our 5M clinic at **415-206-4380**.