

## Laparoscopic Assisted Vaginal Hysterectomy

### Technique

Procedure involves removal of at least the uterus and cervix using a combined laparoscopic and vaginal technique. The surgeon will visually assess the liver, gall bladder, appendix, and pelvic cavity for any sign of additional pathology.

### Incisions

Three small incisions are made on the abdomen to complete this procedure. One of these incisions is 12mm in size and is placed within the umbilicus (belly button). The remaining incisions are 5mm in size and placed on the sides of your abdomen.

### Operative Time

Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her first priority. Average times range from 45-120 minutes.

### Preoperative Care

- Nothing by mouth after midnight

### Hospital Stay

- 23-hour stay (overnight)

### Postoperative Care

These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.

- Pain medicine is usually required for the first week. We recommend that anti-inflammatory treatments, such as ibuprofen, naproxen, etc., be used on a scheduled (regular) basis and that narcotic pain medicine be utilized on an "as needed" basis.
- Driving is allowed once you do not require narcotics for pain.
- Nothing may be placed in the vaginal for at least 6 weeks. This includes tampons, douching and intercourse.
- If they desire, patients may return to deskwork by 2 weeks postop. We advise that you do not perform any heavy lifting or strenuous exercise until after the surgeon has seen you at 6 weeks.