

Laparoscopic Supracervical Hysterectomy

Technique

Procedure involves removal of only the uterus. The cervix is not removed. 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 45-90 minutes.

Preoperative Care

- Nothing by mouth after midnight

Hospital Stay

- Day surgery or
- 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 medications, 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.
- You will require Pap smears following this procedure.
- 1-5% of women may experience light, cyclic menstrual bleeding after this procedure.