Hysteroscopic Myomectomy
(with or without septoplasty)

What is a hysteroscopy?
A hysteroscopy is a way of seeing the inside of your uterus and other reproductive organs using a narrow tube that has a light and camera (hysteroscope). This tube is inserted into your vagina and gently moved through the cervix and into the uterus. This allows surgeons to see everything on a monitor and perform the procedure. The surgeon uses heat (cautery) to remove the fibroid/septum. No incisions are made during this surgery.

Myomectomy
Myomectomy is a surgery to remove fibroid(s) from the uterus. Fibroids are common noncancerous growths that are often painless, but in some women may cause severe pain, increased bleeding, infertility and miscarriages.

Septoplasty
This procedure is performed when there is a septum(a wall) dividing the uterus into 2 parts. This is associated with infertility, miscarriages and premature births. If you are also having this done, you will more than likely have an catheter balloon placed in your uterus to help prevent the uterine walls from adhering (sticking together). This balloon is to be removed 1 week after surgery with either your family doctor or your surgeon.
Pain

After surgery, you may experience cramps, discomfort and pain. Ways to relieve this pain include:

- taking your pain medication as prescribed by your doctor
- walking and moving around with frequent rest periods
- applying heat using a heating pad, heat pack or blanket
- doing deep breathing and relaxation exercises

Bleeding

It is normal to have some bleeding/spotting and discharge for up to 12 weeks. It can take up to 3 months before your period returns to normal. If you are bleeding heavily (soaking a pad in 1 to 2 hours) or passing large clots (size of an egg) please contact your surgeon and seek medical attention.

Activity

You may return to your usual activities the day after surgery if you are feeling up to it.

Personal care

It is important to avoid baths, swimming, using tampons or having intercourse until advised by your doctor. This is usually until after your follow up appointment which is about 6 weeks after surgery.

Follow-up appointment

You will be given information about a follow-up appointment before you go home.