

# **Hysteroscopic Myomectomy**

## **(with or without septoplasty)**

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### **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 a 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.