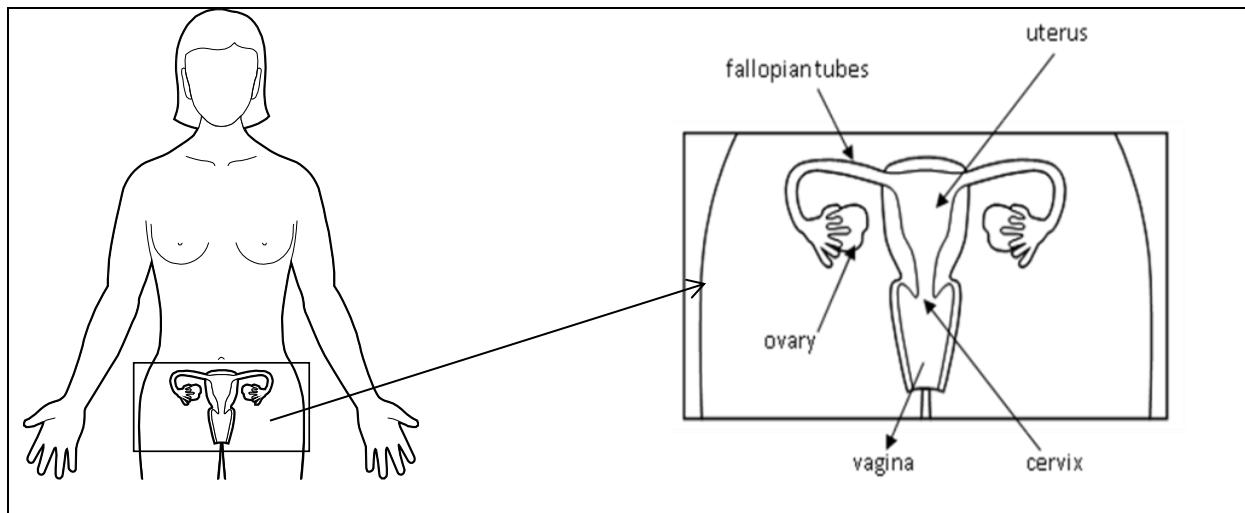


Laparoscopic hysterectomy

What is a laparoscopic hysterectomy?

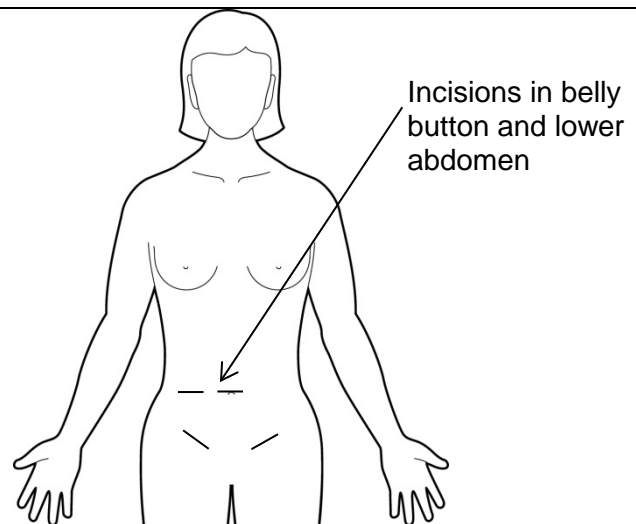
A laparoscopic hysterectomy is an operation that removes your uterus and cervix. This operation is usually performed due to abnormal periods that are painful and bleeding is heavy and/or prolonged.



This surgery is done by making 2 to 4 small incisions (cuts) that are about $\frac{1}{2}$ inch (1 cm) in your belly button and lower abdomen.

These incisions are for the laparoscope (a thin tube-like instrument with a light and camera), to put gas (CO_2) into your abdomen to expand the area, and other surgical instruments.

Once the procedure is complete, the uterus is then removed through the vagina.



Benefits of laparoscopic surgery

- No large incision in the abdomen making your recovery time much shorter.
- Less blood loss during surgery.
- Shorter time spent in the hospital.
- Less risk of infection and/or developing adhesions (when tissues and organs stick together).
- You can return to your normal diet sooner.
- Usually less pain.

Incision care

- You may shower 24 hours after surgery then remove the outer dressings.
- The incisions are covered with steri-strips (small white tape). Keep the steri-strips on for 5 to 7 days and then remove.
- Make sure to keep incisions clean and dry.
- Do not soak in a tub/hot tub or swim until incisions are fully healed or when your surgeon advises.
- Watch for signs of infection such as worsening redness, discharge, pain or fever.

Pain

You may experience cramps, discomfort and pain. Sometimes the gas left in the abdomen after surgery may cause discomfort in the abdomen and up into the shoulders.

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 such as using a heating pad, heat pack or warm blanket
 - doing deep breathing and relaxation exercises
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Bleeding

It is normal to have some bleeding/spotting and discharge for up to 12 weeks. By this time, you should be able to tell how well the surgery worked.

Bowel care

Regular bowel function will help with your recovery and pain. Lighter meals are a good option for the first 2 to 3 days after your surgery. To help prevent constipation, drink plenty of fluids, increase fiber such as: fruits, vegetables and whole grains and if you are taking narcotic pain medication, take a stool softener.

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 approximately 6 weeks after surgery.

Activity

No heavy lifting (5 kg or 11 lbs) or strenuous activities until after your follow up appointment with your surgeon. This includes:

- any activities that use a lot of stomach muscles such as vacuuming, laundry, lifting your child
- weight training and high impact sports

Light house duties and walking are encouraged as it helps reduce the chance of a clot and helps to rebuild muscle strength. Full recovery can take up to 6 weeks. Please discuss return to work date with your surgeon.

Follow-up appointment

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

**To make sure your bladder is working well,
you will need to urinate (pee) before going home.**

