

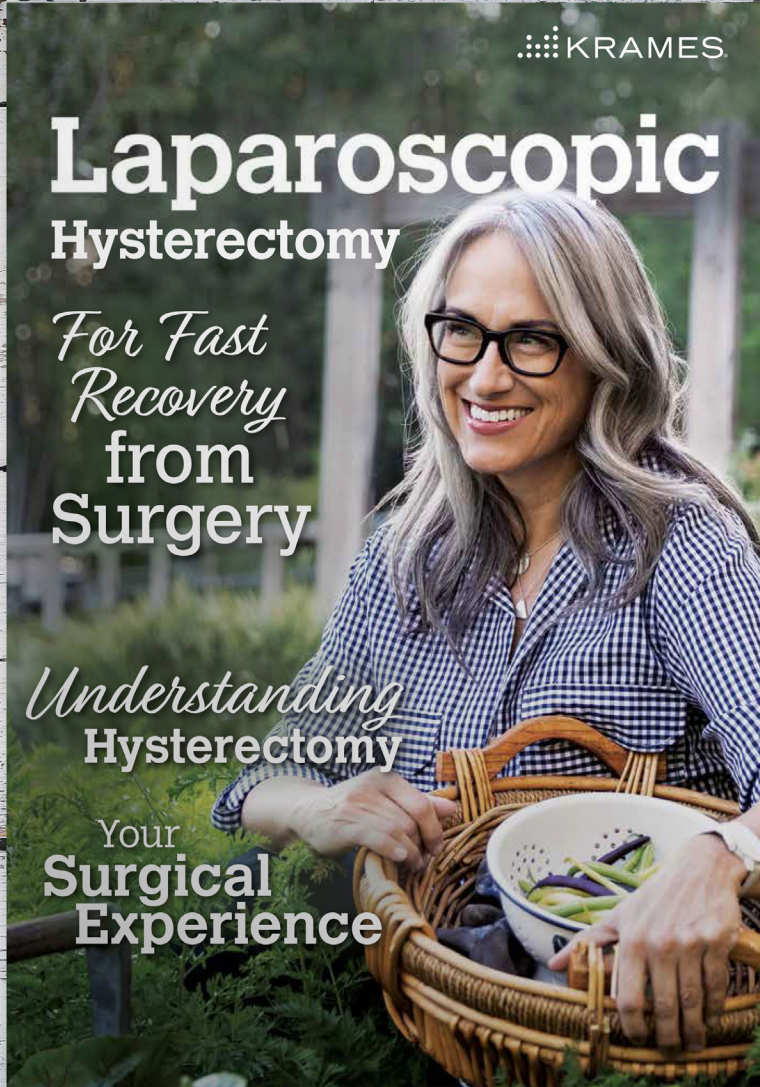
KRAMES

Laparoscopic Hysterectomy

*For Fast
Recovery
from
Surgery*

*Understanding
Hysterectomy*

Your
**Surgical
Experience**



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Understanding Hysterectomy

Hysterectomy is surgery to remove the uterus. Your doctor may recommend this surgery to address your health care. Hysterectomy can help your problems that have not responded to medication or other treatments. Be aware that having a hysterectomy means that you will not be able to become pregnant in the future.

Reasons for a Hysterectomy

Hysterectomy may be done to help relieve symptoms that don't respond to other treatment. These may include severe uterine bleeding or chronic pelvic discomfort. Hysterectomy may also be done to treat cancer of a reproductive organ.

Work with Your Doctor

Hysterectomy may be recommended to you to treat your problem. Before you make a decision about hysterectomy, be sure to ask any questions you have. Understand what the procedure can and cannot do for you. Discuss any possible alternatives and options. You and your doctor can discuss your treatment plan at a consultation before hysterectomy is the best treatment for you. Any surgery has risk, so talk with your doctor about what the risks are for you. And know what you need to do to prepare for surgery and recovery from it. By being informed, you can help ensure your results are met.

What is Laparoscopy?

Your doctor is recommending that your uterus be removed using a technique called laparoscopy. During laparoscopy, the surgeon uses a long, slender instrument called a laparoscope. Several small incisions are made in the abdomen. The scope, which contains a light and camera, is put through one of the small incisions. It sends images from inside the body to a video screen. Surgical incisions put through the other small incisions.



Your Evaluation

Before recommending a hysterectomy, your doctor will do a thorough evaluation. You and your doctor can then determine the best treatment plan for you. Options may include other treatments instead of or along with laparoscopic hysterectomy. Discuss the benefits and risks of your options with your doctor.

Pre-define Your Might Have

Certain procedures can give your doctor more information about your reproductive tract. Most are done in the doctor's office or hospital without an overnight stay. You may have one or more of the following:

- **Ultrasound.** Sound waves are used to produce pictures of your organs. These pictures can show abnormal growths. During treatment, a probe may be placed on your abdomen. On a graph, you can graph treatment the right.
- **Sigmoidoscopy.** Your doctor removes a sample of the tissue lining the colon. The sample is checked for abnormal cells.
- **Hysteroscopy.** A long, thin tube with a light and camera on the end is inserted through the vagina. This allows your doctor to see inside the uterus.
- **Endometrial biopsy.** The doctor may have taken tissue from the uterus and other problems. The doctor may have taken tissue during this procedure.



Deciding About Ovaries and Tubes

In some cases, your doctor may suggest removing your ovaries, fallopian tubes, as well as the uterus. This may be the case if you have cancer, have an increased risk for cancer, or are in menopause. You and your doctor can discuss the benefits and risks of keeping or removing the ovaries and decide on the option that is best for you.

- If the ovaries remain in place, the ovaries will keep producing hormones and you reach menopause. You may not have the changes of menopause. There can reduce bleeding, breast changes, and mood swings. But, you may no longer have a uterus, you will not have periods, then, you cannot become pregnant. Eggs released by the ovaries are absorbed by your body.
- When both ovaries are removed, the body's estrogen level drops a little. This is called surgical menopause. It can lead to menopause symptoms, such as hot flashes. These are not the hot flashes you reached early.

Risks and Complications

- Your doctor will talk with you about the risks and possible complications of hysterectomy.
- There is a risk of infection.
- Blood clots which can be serious.
- Bleeding.
- Need for a second surgery.
- Blood clots.
- Bleeding, with a possible need for a transfusion.
- Damage to the bladder, bowel, ureters, or nearby nerves or blood vessels.

After Recover

After you recover from your hysterectomy you may feel better than you have in a long time. An active, healthy lifestyle and regular medical care can help you continue to feel good.

Returning to Work

If you work, talk with your doctor about returning to your job. If you have a good job, you may be able to return to work in about 10 days. If you have a more active job, you may need to be out of work longer. You and your doctor can decide what is best for you.

Staying Active

Regular exercise helps you stay fit and healthy. If you have passed menopause or have had your ovaries removed, your body needs the hormones estrogen helps keep your bones from weakening. Regular exercise can keep your bones strong. It can also improve your mood and help you feel better. Aim for a goal of at least 30 minutes of aerobic exercise most days of the week. Use proper technique, and avoid activities such as jogging or horseback riding, which may strain your back.

Being Informed

After a hysterectomy, you can do as much as you want to do. Follow your doctor's instructions on when you can resume having intercourse. This is usually within 4 to 6 weeks after the procedure. Other types of sexual activity may be possible soon. If you experience any problems, such as pain or dryness during sex, use a lubricant. Be aware that hysterectomy prevents pregnancy but does not protect you against sexually transmitted diseases. If you have any concerns, discuss them with your partner and your doctor.

Doing A Work of Your Own

After a hysterectomy, you may find that the changes to your body feel like a new body. Tell your doctor about any concerns you have. You may have some changes in your body that you may not expect. You may have some changes in your body that you may not expect. You may have some changes in your body that you may not expect.

What to Know About Hormone Therapy

Hormone therapy (HT) is used to replace the hormones made by your ovaries. It can be used to help you feel better and you may not get pain from menopause. HT helps decrease hot flashes, night sweats, and other symptoms of menopause. HT may help you feel better and you may not get pain from menopause. HT helps decrease hot flashes, night sweats, and other symptoms of menopause. HT may help you feel better and you may not get pain from menopause.

Ongoing Healthcare

Regular physical exams help to ensure your general health and well-being. This will continue to need routine breast exams and pelvic exams. Every 6 to 12 months, you will also need regular Pap tests. If you are taking HT, you will need follow-up visits with your doctor to see how you are doing.

