

Hysterectomies

What You Should Know

What Is a hysterectomy?

A hysterectomy (his-tur-EK-tuh-mee) is a surgery to remove a woman's uterus or womb. The uterus is where a baby grows when a woman is pregnant. The whole uterus or just part of it may be removed. After a hysterectomy, you no longer have menstrual periods and cannot become pregnant.

During the hysterectomy, your doctor also may remove your fallopian tubes and ovaries. The ovaries produce eggs and hormones. The fallopian tubes carry eggs from the ovaries to the uterus. The cervix is the lower end of the uterus that joins the vagina. These organs are located in a woman's lower abdomen, as shown in the image below.

How is a hysterectomy performed?

There are different ways that your doctor can perform a hysterectomy. It will depend on your health history and the reason for your surgery.

Abdominal hysterectomy. This is done through a 5- to 7-inch incision, or cut, in the lower part of your belly. The cut may go either up and down, or across your belly, just above your pubic hair.

Vaginal hysterectomy. This is done through a cut in the vagina. The doctor will take your uterus out through this incision and close it with stitches.

Laparoscopic (lap-uh-ro-SKOP-ik) hysterectomy. A laparoscope is an instrument with a thin, lighted tube and small camera that allows your doctor to see your pelvic organs. Your doctor will make three to four small cuts in your belly and insert the laparoscope and other instruments. He or she will cut your uterus into smaller pieces and remove them through the incisions.

Laparoscopically assisted vaginal hysterectomy (LAVH). Your doctor will remove your uterus through the vagina. The laparoscope is used to guide the procedure.

Robotic surgery. Your doctor uses a special machine to perform the surgery like laparoscopic surgery. It is most often done when a patient has cancer or is very overweight and vaginal surgery is not safe.

Why do women have hysterectomies?

A few reasons a hysterectomy may be needed:

Cancer of the uterus, ovary, cervix, or endometrium (en-doh-MEE-tree-um). Hysterectomy *may* be the best option if you have cancer in these organs.

Fibroids. Fibroids are non-cancerous, muscular tumors that grow in the wall of the uterus. Many women with fibroids have only minor symptoms and do not need treatment. Fibroids also often shrink after menopause. If medications or procedures to remove the fibroids have not helped, and a woman is either near or past menopause and does not want children, hysterectomy can cure problems from fibroids.

Endometriosis (en-doh-mee-tree-OH-suhs). This health problem occurs when the tissue that lines the uterus grows outside the uterus on your ovaries, fallopian tubes, or other pelvic or abdominal organs. You might need a hysterectomy when medications or less invasive surgery to remove the spots of endometriosis have not helped.

Adenomyosis (uh-den-oh-my-OH-suhs). In this condition, the tissue that lines the uterus grows inside the walls of the uterus, which can cause severe pain. If other treatments have not helped, a hysterectomy is the only certain cure.

Keep in mind that there may be ways to treat your health problem without having this major surgery. Talk with your doctor about all of your treatment options.

How common are hysterectomies?

A hysterectomy is the second most common surgery among women in the United States. The most common surgery in women is childbirth by cesarean section delivery.

How long does it take to recover from a hysterectomy?

Most women stay in the hospital from 1 to 2 days for post-surgery care. Some women may stay longer, often when the hysterectomy is done because of cancer.

The time it takes for you to resume normal activities depends on the type of surgery. If you had:

Abdominal surgery. Recovery takes from 4 to 6 weeks. You will gradually be able to increase your activities.

Vaginal or laparoscopic surgery. Recovery takes 3 to 4 weeks. You should get plenty of rest and not lift heavy objects for a full 6 weeks after surgery. About 6 weeks after either surgery, you should be able to take tub baths and resume sexual intercourse. Research has found that women with a good sex life before hysterectomy can maintain it after the surgery.

New Management! Stop by today!
2729 New Boston Rd. Open Mon-Sat, 5:00am-3:00pm
903.832.6686 Open Sun, 6:00am-1:00pm

Hamburgers Cajun Fries Chicken Salad Taco Salads
Doughnuts Breakfast Burritos Kalaches And More

Everyday Specials:
Mon: Chicken & Dressing
Tues: Chicken & Dumplings
Wed: Meatloaf
Thur: Chicken Spaghetti
Fri: Catfish

SHORTY'S
793-4348
Southern Maid
CREAM MIXED GRAIN DONUTS
TEXARKANA, USA
DONUTS

*Read more at www.womenshealth.gov