

Myomectomy

Technique

Procedure involves removal of one or more uterine fibroids from the uterus and repair of the defect in the wall of the uterus created by removing the fibroid.

Incisions

Myomectomy can be performed by either laparotomy (opening the abdomen) or by laparoscopy depending on the size of the uterus and the surgeon.

If done by a laparotomy, a 8-10 cm incision is made in the lower abdomen either vertically or horizontally (bikini cut).

If done by laparoscopy, three to five small incisions (5mm) are made on the abdomen to complete this procedure.

One of these incisions is 12mm in size and is placed within the umbilicus (belly button). The additional incisions are 5mm in size and will be placed on the sides of the abdomen.

Operative Time

Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her first priority. Average times range from 60-120 minutes.

Preoperative Care

Schedule your case immediately after your period

Nothing by mouth after midnight

Hospital Stay

Day surgery or

23-hour observation

2-3 day inpatient stay (laparotomy)

Postoperative Care

These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.

Pain medicine is usually required for the first several days. We recommend that anti-inflammatory medications, such as ibuprofen, naproxen, etc., be used on a scheduled (regular) basis and that narcotic pain medicine be utilized on an "as needed" basis.

Driving is allowed once you do not require narcotics for pain.

If they desire, patients may return to work in 2 weeks postop. We advise that you do not perform any heavy lifting or strenuous exercise until after the surgeon has seen you.

You should not attempt to conceive until after your postoperative visit.

In most cases, uterine fibroids will recur following Myomectomy. Current literature suggests that 25% of women will have symptomatic uterine fibroids within 5 years after the procedure.