

Hysteroscopic Myomectomy Fact Sheet

Technique

The procedure involves two steps:

1. The inside of the uterus is viewed using a hysteroscope. A hysteroscope is a telescope that is specially designed to view the inside of the uterus. The location of the uterine fibroids is identified.
2. The uterine fibroid is removed. In some cases it may take more than one procedure to remove all of the fibroid.

Incisions

No incisions are required for this procedure.

Operative Time

- Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her priority.
- Average times range from 30-60 minutes.

Anesthesia

General anesthesia

Preoperative Care

- Schedule your case to happen immediately after your period.
- Please do not eat or drink anything by mouth after midnight.
- You may be given a prescription for "misoprostol", which is a medicine that when placed in the vagina results in cervical softening. This softening aids your doctor in dilating the cervix.

Hospital Stay

Day surgery

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.
- Anti-inflammatory pain medicine is usually required for the first several days. Most patients do not need opioid pain medications.
- Driving is allowed once the anesthesia has worn off. You must have a care partner available to drive you home from the hospital.
- If they desire, patients may return to work on the day after the procedure.
- You may experience mild vaginal bleeding for several days after the procedure. If it is not associated with increasing pain or fever, it is nothing to worry about and will resolve.