

Ovarian Cystectomy

Technique

Procedure involves the removal of an ovarian cyst. The entire ovary is not removed.

Incision

- This procedure can be performed either through a laparotomy (abdominal incision) or laparoscopy (multiple small incisions). Your surgeon will determine which is right for you and your condition.
- With a laparotomy, an incision is made on the abdomen. The size of the incision is determined by the size of your ovarian cyst and the abdominal exposure needed. The incision will either be vertical (from the bellybutton down to the pubic bone) or horizontal ("bikini cut").
- With a laparoscopy, 3-4 small incisions (each less than one inch) are made on 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 priority.
- Average times range from 45-90 minutes.

Anesthesia

General anesthesia is required for laparoscopy

Preoperative Care

- Please do not eat anything by mouth after midnight the day before surgery.
- The procedure is usually scheduled to happen immediately after your menstrual period.

Hospital Stay

- Day surgery for laparoscopy
- 1-3 day hospital stay for 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.
- Anti-inflammatory pain medicine is usually required for the first several days to manage soreness and inflammation.
- Opioid pain medicine will be provided to help ease discomfort from the incisions.
- We recommend taking anti-inflammatory medications such as ibuprofen or naproxen on a schedule, only using opioid pain medicine on an "as needed" basis.

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- Driving is allowed after your procedure once you no longer need opioid medicine to manage your pain.
- Patients may return to work in 5-7 days after the procedure (laparoscopy). If an incision is needed, the recovery time may be longer.
- Incisions may bruise, but they should not become red or inflamed.

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