

Total Abdominal Hysterectomy

Technique

Procedure involves removing the uterus, cervix, and fallopian tubes. Whether to remove the ovaries is a separate decision. If the ovaries are removed, the procedure name includes the term "bilateral salpingoophorectomy" (BSO).

Incisions

An incision is made on the abdomen for this procedure. The size of the incision is determined by the size of your uterus and the abdominal exposure needed. The incision will either be vertical (from the bellybutton down to the pubic bone) or horizontal ("bikini cut").

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 45-120 minutes.

Anesthesia

General anesthesia

Preoperative Care

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

Hospital Stay

Inpatient stay for about two days after the 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 to manage soreness and inflammation.
- Opioid pain medicine will be provided to ease the discomfort from the incisions.
- Driving is allowed after your procedure once you no longer need opioid medicine to manage your pain.
- Patients may return to work in 4-6 weeks after the procedure.
- Incisions may bruise, but they should not become red or inflamed.

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