

# Total Laparoscopic Hysterectomy

## Technique

Procedure involves removing the uterus, cervix, and the fallopian tubes through laparoscopic incisions. The surgeon will visually examine the liver, gallbladder, appendix, and pelvic cavity for any sign of additional pathology.

## Incisions

3-4 small incisions (5mm) are made on the abdomen to complete 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 1-3 hours.

## Preoperative Care

Please do not eat anything by mouth after midnight the night before the procedure.

## 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.
- Pain medicine is usually required for the first week.
- Driving is allowed once you no longer need opioids for pain.
- Please do not place anything in the vagina for at least 6 weeks. This includes tampons, douching, and intercourse.
- If they desire, patients may return to deskwork after 2 weeks. We advise that you not perform any heavy lifting or strenuous exercise until after you have been seen by the surgeon at 6 weeks.
- Constipation is often a problem. Adequate hydration, fiber, and Miralax are recommended.

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