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Laparoscopic Surgery for Removal of Fibroid and Uterus



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Fibroids are a common type of benign tumor (non-cancerous) that are usually found in the wall of the uterus, or womb. They are usually round or oval in shape, like a ball or an egg and may grow as a single tumor or in clusters. They often increase in size and frequency with age, in some cases it may also recur after menopause. While not all women with fibroids experience symptoms, some experience excessive menstrual bleeding, pelvic pain and find difficulty in getting pregnant.

- ✦ Fibroids occur in 25 % of women in the reproductive age group (20 – 50 years)
- ✦ It is common to have more than one fibroid. Some women may have as many as a hundred



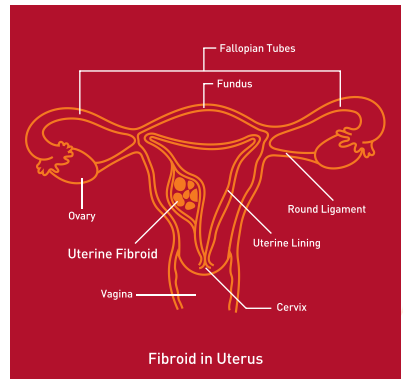
What are the symptoms of Fibroids?

- ✦ Excessive bleeding during periods
- ✦ Abdominal heaviness
- ✦ Pelvic pain
- ✦ If large, then lump in the abdomen; feeling of fullness in the pelvic area
- ✦ An anterior fibroid can put the pressure on the bladder causing difficult in urination. A posterior fibroid can put pressure on the rectum, causing constipation and difficulty in defecation

What are the techniques of surgical treatment for Fibroids?

Laparoscopic Myomectomy (removal of fibroids) is known to be a patient friendly surgery. In this procedure small incisions are made in the abdomen through which the laparoscope and fine long instruments are inserted. A high resolution medical grade camera is attached to the laparoscope which allows good visualisation of the abdominal cavity. The fibroid is separated from the uterus, the capsule is sutured

and finally they are removed with the help of an instrument called morcellator. If performed correctly the average time taken for the surgery, bleeding and post-operative pain is minimal and requires only one day hospital stay. Depending on the size of the fibroids and expertise of the surgeon, fibroids can now be removed with a single incision at the top of the vagina or an incision near the umbilicus.



Do all Fibroids need to be removed surgically?

No, all fibroids do not need to be removed, only large fibroids that hinder pregnancy, cause severe pain or heavy bleeding need to be removed surgically. Sometimes large fibroids cause pelvic pressure and block the flow of urine, these definitely need removal.

Do young women with large Fibroids need to remove the uterus?

No, irrespective of the size, number or location of the fibroids, the uterus can be preserved in young women. The only time when surgeon would insist on the removal of uterus with fibroids is when there is a high suspicion or proven cancer in the fibroid.

What is a Laparoscopic Hysterectomy? What are the reasons for removing the uterus?

Laparoscopic Hysterectomy is a Minimal Access Surgery (MAS) procedure that surgically removes the uterus (womb). The common reasons are fibroids (non-cancerous tumors of the uterus), heavy bleeding during periods, prolapsed (condition in which the uterus moves down from its normal position), endometriosis (presence of the lining of the uterus in nearby organs causing severe pain and bleeding), cancer of the uterus and cervix.

What are the types?

Hysterectomy can be Total (uterus and cervix are removed), Subtotal (cervix is preserved) and Radical (done for cancer of the uterus in which the uterus, cervix, the supports of the uterus and pelvic lymph nodes are removed).

What is the procedure in a Laparoscopic Hysterectomy?

A laparoscopic hysterectomy is done under general anaesthesia. In this procedure the surgeon makes three or four (0.5 – 1 cm) small incisions in the abdomen. The laparoscope with a sophisticated medical grade camera attached to it is introduced which allows organs to be viewed on a high resolution monitor. The uterus and its supports are separated with high tech equipments that reduce blood loss and time of surgery. The uterus is then removed through the birth passage or if it is large it is sliced and removed by morcellation.

Should the ovaries be removed during Laparoscopic Hysterectomy?

In women less than fifty years of age normal ovaries are not removed in a hysterectomy procedure. However in older women the ovaries can be removed as normal functioning of the ovaries usually stops by this age (menopause).

What are the consequences of a Hysterectomy? Does it affect sexual life?

After a hysterectomy a woman will no longer get her periods. She will also be unable to conceive in the future. Hysterectomy does not affect sexual life. The advantage of laparoscopic hysterectomy is that the vaginal length is maintained and hence intercourse is not affected.

What are the advantages of Laparoscopic Myomectomy and Hysterectomy?

- ▀ Small incisions results less infection, minimal scarring and excellent outcomes
- ▀ Less bleeding
- ▀ Minimal tissue damage, hence less pain
- ▀ One day stay in hospital
- ▀ Lesser chances of adhesion formation post-surgery
- ▀ Does not affect sexual life
- ▀ Quick recovery and early return to work

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