



The Foscote Private Hospital

Excellence in Healthcare

Patient Information for Consent

OG01lite Abdominal Hysterectomy

Expires end of November 2017
Issued March 2017

Local information

If you need any more information from your hospital, please contact them on:

.....
.....

Get more information and references at www.aboutmyhealth.org
Tell us how useful you found this document at www.patientfeedback.org



www.rcseng.ac.uk

www.rcsed.ac.uk

www.pre-op.org



This document will give you information about a hysterectomy. If you have any questions, you should ask your GP or relevant health professional.

What is a hysterectomy?

A hysterectomy is an operation to remove your uterus (womb). Your cervix is usually also removed. Your ovaries may need to be removed at the same time (see figure 1).

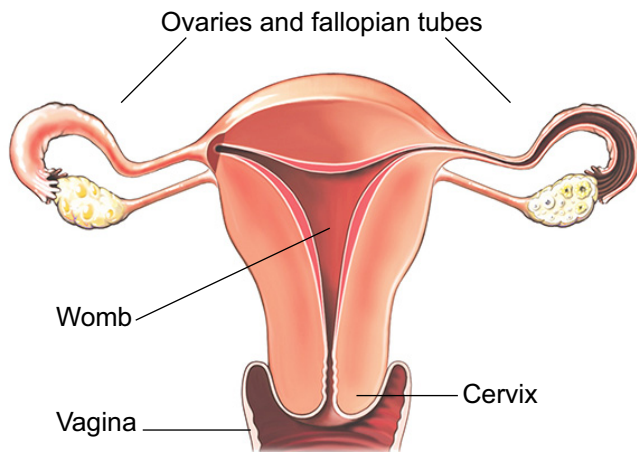


Figure 1

The womb and surrounding structures

The common reasons for having an abdominal hysterectomy include heavy or painful periods, and fibroids, where the muscle of your womb becomes overgrown.

What are the benefits of surgery?

A hysterectomy may cure or improve your symptoms. You will no longer have periods.

Are there any alternatives to an abdominal hysterectomy?

Heavy periods can be treated using oral medications, an IUD (intra-uterine device), or by removing only the lining of the womb. Depending on the size and position of fibroids, you can take medication to try to control the symptoms. Other treatments include surgery to remove the fibroids only or uterine artery embolisation.

What does the operation involve?

The operation is usually performed under a general anaesthetic. The operation usually takes about an hour.

Your gynaecologist will make a cut on your abdomen, usually on your 'bikini' line. They will remove your womb, usually along with your cervix, through the cut. To remove your cervix, they will also need to make a cut at the top of your vagina.

What complications can happen?

1 General complications

- Pain
- Feeling or being sick
- Bleeding
- Unsightly scarring
- Developing a hernia
- Infection of the surgical site (wound)
- Blood clots

2 Specific complications

- Pelvic infection or abscess
- Damage to structures close to your womb
- Developing an abnormal connection
- Developing a collection of blood
- Vaginal cuff dehiscence

Long-term problems

- Prolapse
- Continued pain
- Tissues can join together in an abnormal way
- Stress incontinence
- Feelings of loss (a hysterectomy will make you infertile)
- Menopause, even if your ovaries are not removed

How soon will I recover?

You will usually be able to go home after four to six days.

Rest for two weeks and continue to do the exercises that you were shown in hospital. You can usually return to work after six to eight weeks, depending on your type of work

You should be feeling more or less back to normal after three months.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Summary

A hysterectomy is a major operation usually recommended after simpler treatments have failed. Your symptoms should improve.

Acknowledgements

Author: Mr Jeremy Hawe MBChB MRCOG and Dr
Clare Myers MBBS FRANZCOG

Illustrations: Medical Illustration Copyright © Nucleus
Medical Art. All rights reserved. www.nucleusinc.com

**This document is intended for information
purposes only and should not replace advice
that your relevant health professional would
give you.**