

Gynecological Surgeries Patient Information Pamphlet

What is:

- Dilatation and Curettage (D&C)**
Dilatation of the cervix and scraping of the lining of the uterus.
- Hysteroscopy**
Examination of the uterus using a scope that passes through the vagina into the uterus.
- Colposcopy**
Uses a specialized microscope to view the vagina and cervix for abnormal cells that were identified during a pap smear.
- Loop Excision Electrocautery Procedure (LEEP)**
Allows your surgeon to remove abnormal cells from your cervix using a heated fine wire loop. Because the wire is very thin there is very little damage to the surrounding tissue this may also be referred to as loop conization.
- Endometrial Ablation**
A procedure where a device is passed through the vagina into the uterus. The device uses heat, cold or a special kind of electrical energy to destroy the lining of the uterus.
- Tubal Ligation**
A procedure where 2 small incisions are made, one at the top of the pubic area and one at the belly button. A scope is passed through one of the incisions and clips are applied through the other incision to interrupt the fallopian tubes.
- Vaginal Hysterectomy**
Is an operation to remove the uterus through the vagina.
- Abdominal Hysterectomy**
The uterus is removed through an incision in the abdomen. One or both ovaries and fallopian tubes may be removed during surgery if necessary.
- Laparoscopic Hysterectomy**
A tiny camera and tools are inserted through small incisions on the abdomen. The uterus is then removed through one of the small incisions or through the vagina.

Special Considerations:

For D&C, Hysteroscopy, Endometrial Ablation and Tubal Ligation

- You will have some vaginal bleeding or spotting for approximately 1 to 2 weeks after surgery.
- For patients who are having an endometrial ablation or loop conization, you may have some vaginal bleeding for approximately 1 week after your procedure.
- You may experience mild cramping for 1 to 3 days after surgery.
- Resume your usual activities with no heavy lifting.



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For Hysterectomy

- You can resume normal light activity 24 hours following your surgery.
- You should avoid strenuous activity, heavy lifting and sports for approximately 4 to 6 weeks.
- You may shower after your dressings are removed unless instructed otherwise.

How to Prepare for Post Procedure/Operative Expectations:

- Please discuss with your surgeon if you need to stop specific medications such as diabetic or blood thinning medications, and when to restart after your procedure.
- Discuss with your surgeon dressing/incisional care, activity precautions and when you can expect to return to work.
- Please come prepared the day of surgery with a responsible adult to pick you up, stay and remain with you at home for 24 hours. You will not be able to drive for a minimum of 24 hours, or longer if you are taking certain prescribed medications for pain, or until your surgeon clears you to drive. You may also need to arrange transportation to outpatient clinics for surgeries requiring community care in the days or weeks following your surgery.
- Pain can be expected during your recovery time, and everyone experiences pain differently. You will be provided with directions on how to manage your pain at home.

References:

Armsby, C. MD, MPH, Baron, E. L. MD, DTMH, Barss, V. A. MD, FACOG, Bloom, A. MD, et. al. *Patient education: hysterectomy (the basics)*. Retrieved from https://www.uptodate.com/contents/hysterectomy-the-basics?search=patient%20education%20for%20hysterectomy&topicRef=8404&source=see_link

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