

Hysterectomy

A Guide for Patients/Families



This brochure provides information about hysterectomy. It is design to respond to questions most frequently asked by patients.



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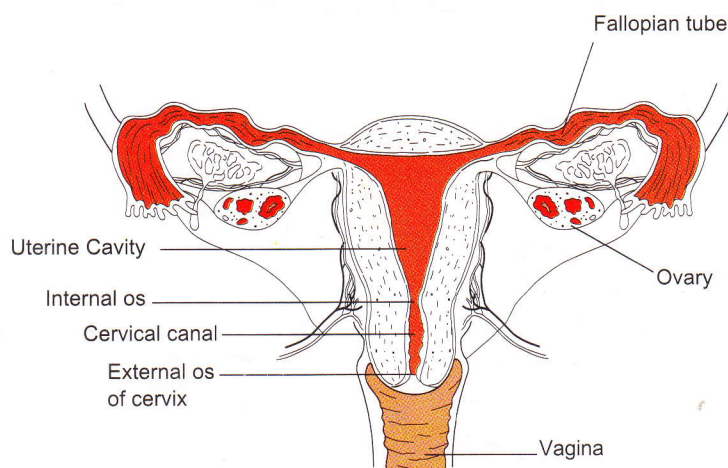
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What is Hysterectomy?

A hysterectomy is an operation in which a woman's uterus (womb) is removed. The uterus is where a baby develops & grows during pregnancy the when mother is pregnant. Sometimes the fallopian tubes, ovaries, and cervix are also removed. These organs are located in a woman's lower abdomen (see image below). The cervix is the lower end of the uterus. The ovaries are organs that produce eggs and hormones. The fallopian tubes carry eggs from the ovaries to the uterus.



What are the Types of Hysterectomy?

There are several types of hysterectomy:

- **Complete or Total Hysterectomy :**
Removal of the uterus with cervix. This is the most common type of hysterectomy, through abdominal route.
- **Supracervical Hysterectomy :**
Removes the upper part of the uterus and leaves the cervix in place with the removal of inner part of the cervix, through abdominal route.
- **Vaginal Hysterectomy :**
Removal of uterus and cervix through vaginal route in case of uterine descent.





Why Hysterectomy is Required?

Many conditions may necessitate the removal of uterus. Your doctor will tell you which one applies to you.

1. Abnormal uterine bleeding
2. Abnormality in the uterus lining
3. Infections of the uterus
4. Uterine fibroids
5. Uterine prolapse
6. Tumours

Are There any Risk and Complications Associated with Hysterectomy?

Hysterectomy may result in the following problems, which are very rare

- Injury to the adjacent organs which could be bladder or bowel;
- Improper post-op care may result in hernia formation;
- Severity of disease may result in fistula formation;
- And at times, woman may feel reduced desire for sexual intercourse.

Are There any Long Term Consequences of Hysterectomy?

No, there are no long term consequences except for the risk of menopausal symptoms. (Refer to education material on "menopause".)

Are There any Preliminary Requirements for this Surgery?

Yes, your doctor may ask you for the following:

- Pre-op anesthesia checkup;
- Lab tests;
- X-rays/ultrasound;



When do I need to be admitted?

Your doctor will explain to you the plan and schedule of your procedure. Admission is required a day prior to the surgery for pre-op preparation.

What will happen after the surgery?

After the surgery, you may feel drowsy and nauseated and have pain at surgical site. All these symptoms are temporary. You would be given pain killers and hydration.

What I need to do after the surgery?

Following precautions would be required:

A: Care of stitches:

- Stitches should be cleaned with soap and water and dried carefully.
- Your doctor will tell you how long it may take before your incision is completely healed and when you can go back to work.
- Wound healing will depend upon your nutritional status, age, associated medical disorder, and the type of work.

B. Activity:

- Usually, rest is recommended for the first two weeks.
- It is normal to feel weak and tired for the first 4-6 weeks. Your strength will gradually return as you recover.
- Bathe as usual.
- Pain and soreness will decrease day by day if you gradually do more and get lots of rest.
- Do not lift anything heavier than five kilograms for the first six weeks in order to avoid hernia formation.
- When using stairs, hold the railing and move slowly and carefully. If you get tired, stop and rest midway.



C. Nutrition:

- Eat regular and fibrous diet.
- It is better to take frequent small meals more often than three large meals so as to digest food easily.
- Your bowel pattern may remain the same. If you become constipated, consult your doctor.

When can I Resume my Sexual Activity?

You can resume sexual activities after 8 weeks. This operation will not change your sexual lifestyle and desire. Most likely, the operation will free you from the chronic pain caused by the uterine problem.

Medication:


- Take medications as prescribed by your doctor.

Follow-up:

You need to return to the clinic for a check up as scheduled by your doctor. It is very important to keep this appointment so that your doctor can monitor your progress.

You should call your physician in case of the following:

- If you have fever (temperature > 38°C / 100.4°F);
- If you detect foul-smelling vaginal discharge / bleeding;
- If you get wound infection;
- In case of severe leg pain;
- Or any other unusual symptoms.



Hysterectomy is a very safe and successful operation. It can be a solution for many serious conditions affecting female reproductive organs, resulting in pain and bleeding problems. If you have any queries and concerns, please ask your doctor or nurse.

For more details, please contact

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