Laparoscopy Assisted Vaginal Hysterectomy

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If you have any questions, please ask your healthcare provider.

Revised by: Angela Whynot, Nurse Educator
Illustrations by: Page 1-LifeART Super Anatomy 3 Images; Page 2-LifeART Super Anatomy 1 Images,
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Designed and Printed by: QEII Audio Visual and Printing Departments

WP85-0434 Revised Mar.2010
The information in this pamphlet is to be updated every 3 years.
Laparoscopy Assisted Vaginal Hysterectomy

What is a laparoscopy assisted vaginal hysterectomy?
A vaginal hysterectomy is an operation to remove your uterus (womb) and cervix through your vagina. Often, the ovaries and fallopian tubes will be taken out at the same time. Sometimes, depending on your diagnosis, the lymph nodes in your pelvis will be removed as well. When a special tool called a laparoscope is used, the surgery is called a laparoscopy assisted vaginal hysterectomy. A laparoscope is a small metal tube with a light and a camera. The doctors use the laparoscope to look inside your abdomen. The doctor will make 3 - 4 small incisions in your abdomen for the laparoscope.

At home
- Please read the *At Home After Gynecological Surgery* pamphlet.
- You may have reddish to brownish discharge from the vagina for 1-2 weeks. Contact your doctor if your discharge becomes heavier than a normal period, has a foul odor, or if there is heavy bleeding.
- **Do not use tampons.**
- The small incisions on your abdomen will heal quickly.
- You will tire easily for the first few weeks after your surgery.
- You should not lift anything heavier than 15 lbs for 6 weeks.

What about sexual activity?
- Sexual intercourse should be delayed for about 6 weeks after surgery. You may engage in other sexual activities such as cuddling, caressing and embracing, as you desire.
What happens before surgery?
• Testing such as a blood test and x-rays may be done before your surgery.
• The evening before your surgery, you may be given an enema to clean out your lower bowel.
• Do not eat or drink after midnight the night before your surgery.

What happens during the surgery?
You will be asleep for the surgery. The surgery will take 2-3 hours.

What happens after surgery?
You will be taken to the recovery area. You will need to stay there for a few hours until you are fully awake from the anesthetic. Once you are awake, you will be brought to the nursing unit.
• You will have an intravenous (IV) in your arm to give you fluids and medications you may need. The IV will be removed when you are able to drink.
• A catheter (tube) may be in your bladder to drain urine.
• There will be small dressings on your abdomen to cover the small incisions the doctor made for the laparoscopy.
• You may have reddish to brownish discharge from your vagina. Your nurse will be checking with you to see how much discharge you are having. Your nurse will help you change your pad regularly.
• You will be asked to take deep breaths and to cough deeply every 1-2 hours. This is to help prevent lung problems such as pneumonia
• Your nurse will help you to get out of bed after your surgery. You can help in your own recovery by getting up and walking about the unit as much as you can.

Will I have pain?
You will feel sore the first few days after your surgery. There will be medication to help relieve your soreness. Please let your nurse know when you are starting to feel sore rather than waiting until the pain is severe.
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How long will I be in hospital?

You will probably be able to go home the day after your surgery.

At home

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- You should not lift anything heavier than 15 lbs for 6 weeks.

What about sexual activity?

- Sexual intercourse should be delayed for about 6 weeks after surgery. You may engage in other sexual activities such as cuddling, caressing and embracing, as you desire.
• When you start to have sexual intercourse, your abdomen may feel tender. It may take several months before you feel entirely comfortable. You may want to try positions for intercourse that takes pressure off your abdomen such as side-lying or female on top. A hysterectomy does not lessen your ability to have orgasms. Some women find that their orgasms do not feel as intense (strong) as before the hysterectomy.

Call your doctor if you have:
• Fever and chills
• Increased redness, swelling, warmth, or tenderness around the incisions
• Drainage from the incisions
• Vaginal discharge that is heavier than a normal period or if it has a foul odor
• Severe abdominal pain
• Problem with your bowels such as diarrhea, bloating, constipation, or nausea.

Notes
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