



WHAT IS A LAPAROSCOPY?

Laparoscopy is surgery performed through keyhole incisions on the skin. Laparoscopy has revolutionized the recovery following surgery, and most procedures that once required a large abdominal incision can now be performed safely through very small incisions. Typically, 4 incisions measuring 5mm to 1cm each are sufficient.



Laparoscopic surgery
(through keyhole incisions)

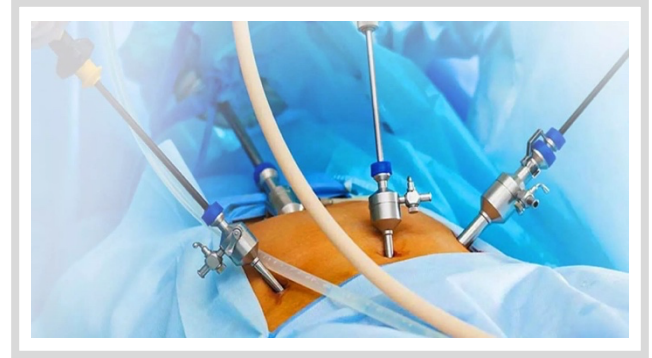
vs.



Abdominal surgery (laparotomy)
(through a transverse or vertical incision)

WHAT ARE THE BENEFITS OF LAPAROSCOPY?

Compared to traditional abdominal surgery, laparoscopy allows for a faster recovery, shorter hospitalization, less pain, and lower use of narcotics.

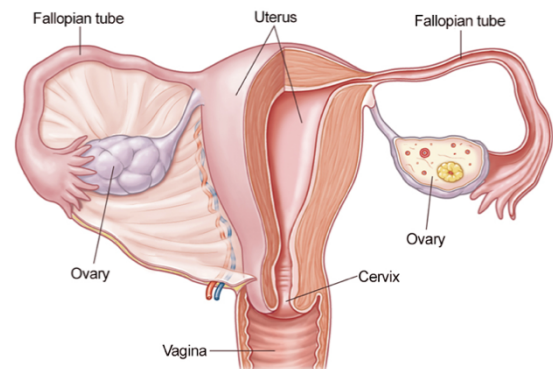


WHAT SURGERIES CAN BE DONE BY LAPAROSCOPY?

Many gynecological surgeries can be performed by laparoscopy, including:

- hysterectomies (removal of the uterus)
- myomectomies (removal of uterine fibroids)
- ovarian or tubal surgeries (removal of ovarian cysts, ovaries or fallopian tubes)
- endometriosis surgery (excision of endometriosis deposits).

However, traditional abdominal surgery may be required in specific circumstances, such as for large fibroids.



WHAT SHOULD I EXPECT IN TERMS OF RECOVERY AFTER A LAPAROSCOPY?

Most laparoscopies are day surgeries, meaning that you are able to come in to the hospital on the morning of the surgery and go home a few hours after the surgery is done. The recovery time varies between 2 and 4 weeks, depending on the nature of the surgery.

After surgery, avoid heavy lifting and immersing yourself in water for 1 month. Progressive activities and intercourse can generally be restarted at 4 to 6 weeks.

WHAT ARE THE RISKS OF A LAPAROSCOPY?

● General Anesthesia

All laparoscopy is done with general anesthesia, which means being put to sleep and using a breathing tube to help you breathe.

● Infection

Generally a small risk for this kind of surgery, however antibiotics may be given intravenously while you are asleep, according to the surgeon's discretion.

● Bleeding

All patients must be aware of a risk of excessive bleeding and potentially requiring a blood transfusion before surgery. While this is considered a low risk surgery for transfusion, we require signed consent or refusal for blood products prior to surgery.

● Blood clots

Walking after surgery is very important to decrease this risk. Additionally, you may be given a dose of anticoagulation during surgery to reduce this risk.

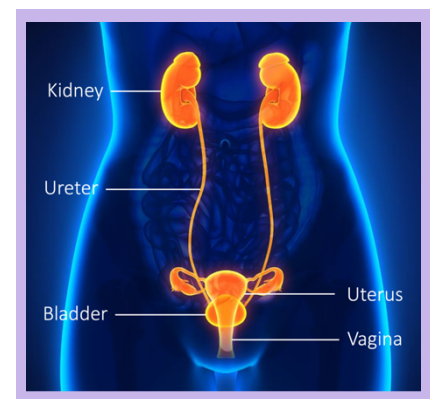
● Injury to other organs

Other organs or structures may be injured during surgery including, but not limited to:

- Bowel (small and large intestine)
- Bladder
- Ureters (connecting tubes from kidneys to bladder)
- Blood vessels
- Nerves

If an injury occurs and is identified at the time of surgery, any necessary repairs will be done at the same time.

This may seem like an intimidating list – while surgery usually goes very well, without any complication, it is important to be aware of all the risks involved.



For more information, ask your family doctor to send a referral to: **514-856-5607**

Or visit www.muhc-obgyn.com



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