

# Hysterectomy

## Methods of Performing a Hysterectomy:

1. Vaginal (TVH): The preferred method
2. Abdominal (TAH): Open method
3. Laparoscopic (LAVH)

## When is a Hysterectomy Necessary?

This procedure is a treatment option for women with:

1. Fibroids, the most common cause of hysterectomy
2. Endometriosis
3. Vaginal bleeding that has not responded to treatment
4. Severe and treatment-resistant pelvic pain
5. Pelvic organ prolapse, such as uterine prolapse, where a hysterectomy is used to repair the prolapse
6. Benign ovarian tumors: Persistent and treatment-resistant tumors in patients who do not wish to have children

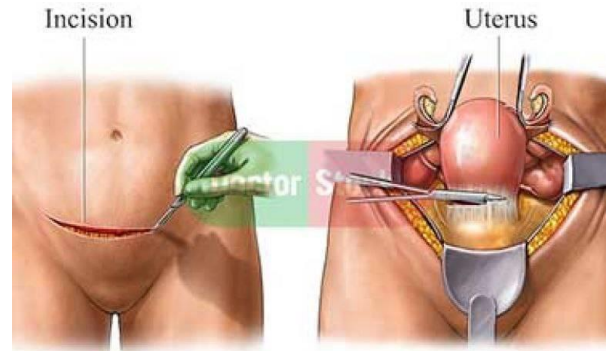
This procedure is more common in women who do not have cancer but prefer to have their uterus removed due to severe bleeding and pain in the uterine area.

## Preoperative Preparation:

- The patient must be free of urinary tract infections
- Sexual intercourse should be avoided two weeks before surgery, if possible
- The patient must have the necessary tests
- There should be no anesthesia contraindications
- Jewelry and any metal objects should be removed the day before surgery
- Dentures should be removed before entering the operating room
- Pubic hair at the surgical site should be trimmed
- A urinary catheter will be placed on the day of surgery
- Fluids should be consumed one day before surgery
- Fasting (no food, even water, for 8-12 hours before surgery)

## Postoperative Care for Hysterectomy:

1. Diet: On the first day after surgery, the patient is usually not allowed to eat or drink. On the second day after surgery, with the doctor's permission, the patient can consume liquids such as tea, juice, and canned soup. If tolerated, solid foods can be started.
2. Ambulation: Early ambulation and getting out of bed are very effective in reducing respiratory complications and other problems. You should start walking with your doctor's permission on the second day.
3. Varicose stockings should be worn to prevent clots and embolism
4. The doctor will likely prescribe antibiotics
5. Monitoring urinary function: After surgery, the bladder may temporarily lose its function.
6. Monitoring for internal bleeding
7. After discharge from the hospital, do not do heavy lifting, move heavy objects, or drive.
8. Avoid sexual intercourse for 6 weeks.
9. If both ovaries were removed during this procedure, symptoms of menopause such as hot flashes and sweating will occur. In these cases, walking and calcium intake are usually recommended to prevent osteoporosis.



10. After surgery, the removed uterus is sent to pathology for examination for the presence or absence of malignancy. The results of this test should be shown to the treating physician.
11. Avoid gas-producing foods such as legumes, rice stews, and raw fruits for one week.
12. Bathing should be done daily starting the day after surgery, immediately after the dressing is removed.

**Recovery Period After Surgery:**

Most women are hospitalized for 3-5 days after surgery. The recovery period for full recovery is 4-6 weeks. If there was no cancer before surgery and the cervix was removed, Pap smears are no longer necessary.

**Complications:**

1. Severe bleeding during surgery
2. Mood swings due to hormonal imbalance
3. Osteoporosis
4. Weight gain
5. Bladder infection and damage to the bladder and ureter
6. Venous thrombosis, which is also rare (blood clots in the veins of the lower legs, thighs, and pelvis are called venous thrombosis)
7. Chronic pelvic inflammation or pain

**Discharge Instructions:**

1. Avoid strenuous activity for the first week
2. Avoid vaginal douching
3. Avoid intercourse and lifting heavy objects unless otherwise instructed by your doctor
4. Avoid straining when passing urine and stool
5. Avoid anything that increases abdominal pressure
6. If you experience fever, chills, or bleeding, see your doctor
7. Use olive oil, lettuce, and fruits to prevent constipation
8. Schedule a follow-up appointment with your doctor upon discharge and obtain your prescription from your doctor
9. Return to the clinic or doctor's office seven days after surgery to have your stitches removed.