

Hysteroscopic Myomectomy

This is a gynaecological procedure which I perform in the operating theatre under general anaesthetic as a “day procedure”.

It is generally used to remove symptomatic submucous fibroids (fibroids which are mainly situated near the endometrial uterine layer) especially in a woman for whom further fertility is required.

It involves inserting a camera into the uterus through the vagina and cervix. This allows inspecting the endometrial cavity and lining (inside of the uterus) for presence of abnormal masses, fibroids, polyps, suspicious structures and shape of the cavity.

The fibroids are resected away by a combination of electric current and blunt dissection.

Potential risks do exist with this procedure and depend on the size, number and location of fibroids to be removed.

Infection and more than minimal “normal” bleeding could occur.

A more substantial risk of perforating the uterine wall is uncommon. In rare circumstances perforation of the uterus can result in trauma to vital structures such as bowel or large blood vessels. If this is suspected a laparoscopy and/or Laparotomy would be performed to investigate and treat any suspected injury.

A rare risk of fluid overload exists with this procedure which potentially could result in overnight admission as well as fluid and electrolyte monitoring to treat this complication.

Minimal pain is experienced afterwards, however some spotting or even light bleeding is to be expected. This generally settles within days.

PLEASE REPORT:

SIGNIFICANT PAIN REQUIRING MORE THAN SIMPLE PARACETAMOL OR ANTIINFLAMMATORY ANALGESIA;

ANY BLEEDING THAT IS GETTING HEAVIER, INVOLVES CHANGING A PAD MORE THAN EVERY HOUR OR DEVELOPS AN OFFENSIVE ODOUR.

The patient goes home several hours after the procedure and can resume normal activity and function the next day. Intercourse and tampon insertion needs to be postponed till any vaginal bleeding stops.

In general I would review the patient in my office in 1 and 6 weeks to discuss the final results and progress.