

ABDOMINAL MYOMECTOMY

What is an abdominal myomectomy?

Myomectomy is a surgery to remove fibroids from the uterus. Fibroids are benign tissues that grow inside your uterus. As many as 3 in 4 women will have a fibroid at some point in their lives. An abdominal myomectomy is major surgery performed through an incision in your lower abdomen.

Why am I having this surgery?

If your provider discovers fibroids in your uterus, you may need a myomectomy to remove them. Fibroids can cause symptoms such as heavy or long periods, backache, pelvic pain or pressure, constipation, and frequent or difficult urination. Surgery to remove fibroids may be an effective treatment option to ease these symptoms. Another possible reason to remove fibroids is if you are trying to become pregnant, as fibroids may cause infertility problems.

What happens during this surgery?

Before this surgery begins you will be given anesthesia to sleep. An incision, about 4 inches long, will be made in your lower abdomen. The incision will be along your pubic hair, or bikini line. From this incision, the surgeon will remove the fibroids from inside the uterus.

What are the risks?

This procedure has a small risk of:

- Bleeding during surgery, which may require a blood transfusion
- Infection of the surgical site
- Damage to surrounding organs (bladder, bowel, and ureters)
- Possible need for further surgery

What should I do to prepare for the procedure?

- Do not eat or drink anything after midnight the night before your surgery.
- You will be under anesthesia for the procedure so you will need someone to drive you to and from your appointment.
- Be sure to arrive two hours before your estimated surgery start time.
- Ask your provider any questions you may have before the procedure, especially instructions on stopping or continuing to take any existing medications.
- Follow the instructions from our office to schedule your pre and post op appointments.

What should I expect during recovery?

After surgery, you will usually need to remain in the hospital for about 2 nights. You should expect a full recovery after surgery to take about 6 weeks.

It is normal to have vaginal bleeding and discharge for 1 to 2 weeks after surgery. The discharge and bleeding should gradually decrease.

For 6 weeks after surgery, you need to avoid strenuous exercise, lifting heavy objects, and sexual activity.

Call your provider if you experience:

- Fever greater than 100.4 degrees Fahrenheit
- Severe nausea / vomiting or abdominal pain
- Heavy bleeding (greater than 2 pads soaked per hour for more than 4 sequential hours)
- Redness, swelling, or discharge from your incisions

Office number: **(404) 778-3401**, Monday – Friday 8:00AM – 5:00PM

- For emergencies after hours, calling this number will connect you to the operator, who will page the OBGYN physician on call.
- **If your pain becomes severe, or your fever rises above 102°F in the 3 days following the procedure you should go to the emergency room.**

Additional instructions:

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