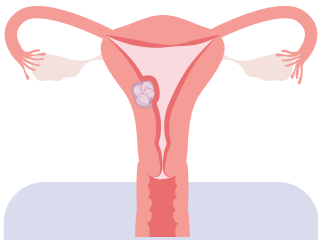
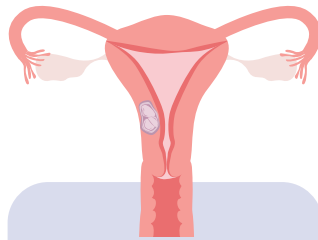


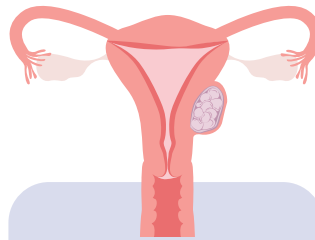
Fibroids are a benign growth of the muscular layer of the uterus. They are very common in reproductive-aged women, increasing with age, and **found in up to 70% of women** over the age of 50. Women may experience abnormal uterine bleeding or bulk symptoms (symptoms caused by pressure from the fibroids). Symptoms depend on both location and size of the fibroids. **There are four main types of fibroids:**



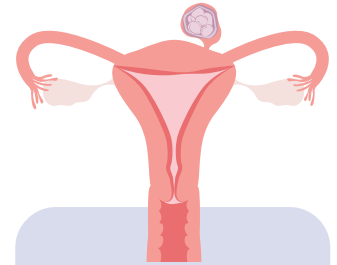
Submucosal Fibroids
Beneath the lining of the uterine cavity



Intramural Fibroids
Found within the uterine wall

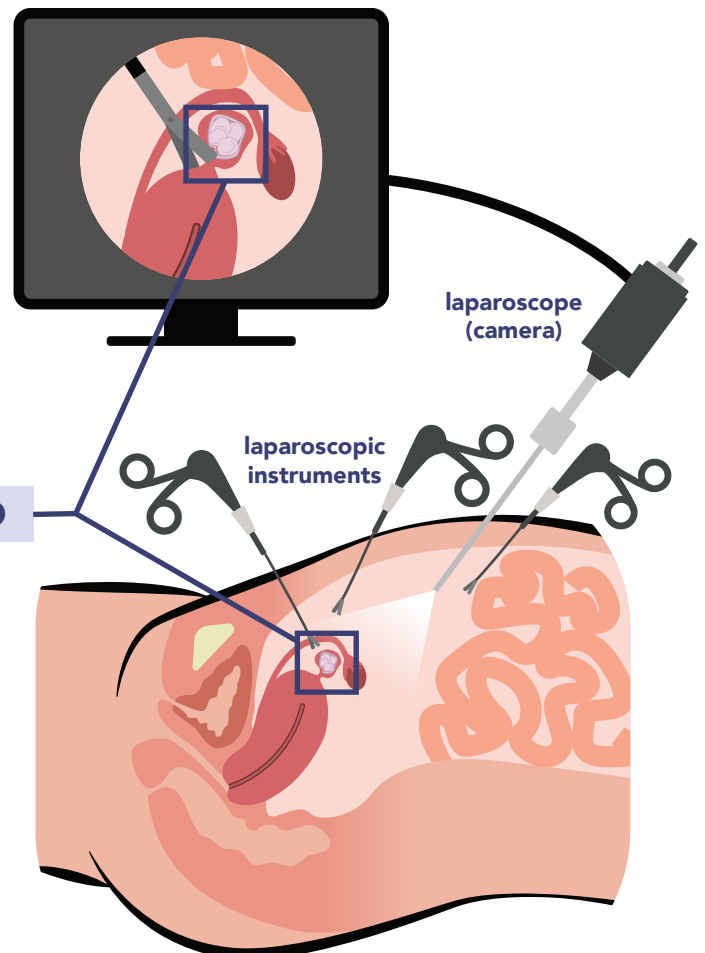
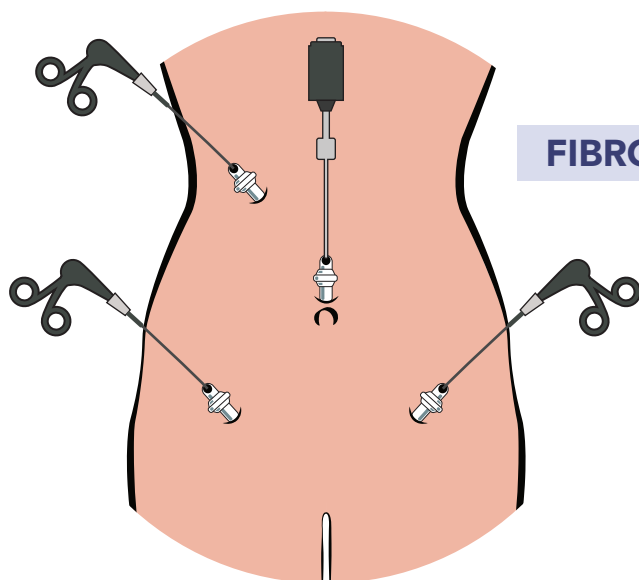


Subserosal Fibroids
On the surface of the uterus

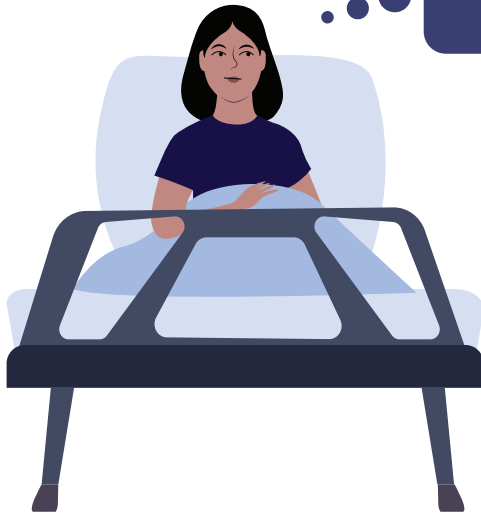


Pedunculated Fibroids
Attached to the uterus with a stalk

A **myomectomy** is a surgery to remove fibroids from the uterus when a patient is symptomatic and wishes to retain their uterus. A **laparoscopic myomectomy** is when this surgery is performed through small cuts in your abdomen. This is an alternative to an open myomectomy where a larger incision is made on your abdomen. Not all types of fibroids can be removed laparoscopically. **This depends on the size, location and number of fibroids.**



What are the risks of a laparoscopic myomectomy?



Some risks include:

- Bleeding and infection
- Injury to other organs (e.g. bladder, bowel or other structures)
- Blood clots in your lungs and legs
- Need to switch to an open incision
- Risk of recurrence
- Need for Caesarean section for future pregnancies
- Rare chance (<1%) of needing hysterectomy (removal of uterus) at time of procedure due to uncontrolled bleeding

What to Expect after Surgery

Wound

The small cuts may be closed with dissolvable stitches and will be covered with small bandages. The stitches should dissolve, and the bandages will come off on their own. If they do not come off in 7-10 days, you can remove them yourself.

Pain

You can expect lower abdominal pain for the first few days after surgery. You may also experience pain in the shoulder because of the gas used in the operation. You will be discharged home with a pain medication prescription.

Constipation

It is not uncommon for the bowels to be slow after surgery. You may eat regular foods, but eat small, frequent meals until your bowel movements are back to normal.

Vaginal bleeding

You can expect vaginal spotting following your surgery, it may be similar to a light period and should decrease with time.

Showers

You may shower 24 hours after your surgery.

Intercourse

Sexual intercourse should be avoided for at least 2 weeks after surgery.

**You can expect to go home on the same day or the day after your procedure.
Most patients can return to work 2 - 4 weeks after surgery.**

You will be seen in follow-up in 4 - 6 weeks. Additionally, follow-up may be arranged sooner if you have a small device placed in your uterus to prevent scarring.

References

1. Vilos GA, Allaire C, Laberge PY, Leyland N. The management of uterine leiomyomas. J Obstet Gynaecol Can. 2015 Feb;37(2):157-178.
2. Liu G, Zolis L, Kung R, Melchior M, Singh S, Cook EF. The laparoscopic myomectomy: A survey of Canadian gynaecologists. J Obstet Gynaecol Can. 2010 Feb;32(2):139-148.

This material is intended for use by Canadian residents only. It is solely intended for informational and educational purposes. The information presented in these handouts is not to be used as a substitute for medical advice, independent judgement, or proper clinical assessment by a physician. The context of each case and individual needs differ between patients and this material cannot be applied without consultation with a trained doctor. This information handout is not intended for the diagnosis of health concerns or to take the place of the care of a medical professional. This material reflects the information available at the time of preparation.

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