

**BENIGN
HYSTERECTOMY**
Patient Brochure

RA-03022022NM

References

1. Hysterectomy - Better Health Channel [Internet]. Betterhealth.vic.gov.au. 2021 [cited 27 January 2022]. Available from: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/hysterectomy>
2. Hysterectomy [Internet]. Jean Hailes. 2021 [cited 27 January 2022]. Available from: <https://www.jeanhailes.org.au/health-a-z/vulva-vagina-ovaries-uterus/hysterectomy>

Surgical Risks

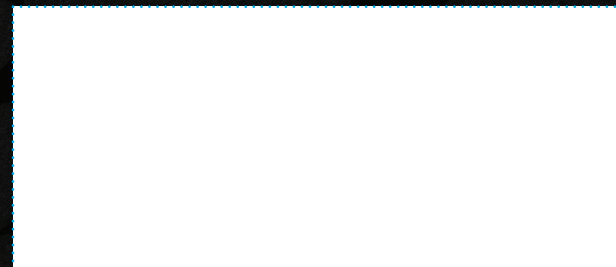
Risks associated with hysterectomy include reaction to the anaesthetic, nausea and vomiting, infection, internal bleeding, build-up of blood beneath the stitches (haematoma) or in the abdomen, internal scar tissue, blood clots, difficulties with urination, injury to the bowel, bladder or ureters, fistula, vaginal vault prolapse (when the top of the vaginal wall sags or bulges down), decreased (or increased) sexual desire, pelvic pain, feelings of grief and loss.

Important Safety Information

Patients should talk to their doctors to decide if da Vinci Surgery is right for them. Patients should review all available information on non-surgical and surgical options and associated risks in order to make an informed decision. Serious complications may occur in any surgery, including da Vinci Surgery, up to and including death. Serious risks include, but are not limited to, injury to tissues and organs and conversion to other surgical techniques, which could result in a longer operative time and/or increased complications. Individuals' outcomes may depend on a number of factors, including but not limited to patient characteristics, disease characteristics and surgeon experience.

Disclaimer

This brochure is only provided to patients already selected for da Vinci robotic-assisted surgery. The healthcare professionals portrayed in this brochure are paid actors.



Get back to what matters most.



When it's time to explore treatment options

If you have a benign condition causing heavy or painful periods, fibroids and prolapses, your gynaecologist may recommend a hysterectomy.¹ The operation may be performed through the abdomen or the vagina, using open or minimally invasive techniques. If your gynaecologist has suggested robotic-assisted surgery with da Vinci technology, this brochure can help you understand what that means.

What is a hysterectomy?

Hysterectomy is the surgical removal of the uterus. There are five types of hysterectomy:¹

Total hysterectomy

- Where the uterus and cervix are removed.

Partial hysterectomy

- Where the uterus is removed, but the cervix is left in place. While removal of the cervix is generally advised because it is a potential cancer site, some women feel that it serves a purpose during penetrative sex.

Hysterectomy and bilateral salpingo-oophorectomy

- Where the uterus, fallopian tubes and ovaries are removed. This operation is performed if the woman has cancer of the ovaries or the uterus, or for chronic pain due to recurrent pelvic infection or endometriosis.

Radical hysterectomy

- Involves removal of the uterus, fallopian tubes, ovaries, upper part of the vagina, and associated pelvic ligaments and lymph nodes. This is performed if the woman has cancer of the cervix, ovaries, fallopian tubes or uterus.

Hysterectomy with prophylactic bilateral salpingectomy

- Most doctors recommend removing the fallopian tubes at the time of hysterectomy due to research suggesting that early 'ovarian' cancers originate there.

If you are a candidate for surgery, and your surgeon has recommended robotic-assisted surgery with da Vinci, you should have also discussed other options such as:

- Laparoscopic hysterectomy
- Abdominal hysterectomy

How can I prepare for robotic surgery?

Ensure you have asked your doctor and care team plenty of questions, such as:

- What medical and surgical options are available for me?
- Which is best for my situation?
- What are the differences between open, laparoscopic, and robotic-assisted surgery?
- Should I get a second opinion?
- If I decide to have surgery, what am I likely to experience afterwards?
- If I decide to have surgery, how can I prepare for it?
- Should I consider counselling prior to surgery?



What are the outcomes?

Ensure you have talked with your surgeon about the surgical outcomes they deliver with the da Vinci system, as every surgeon's experience is different. For example:

- Length of hospital stay
- Complication types and rates
- Chance of switching to an open surgery
- Operative time

The most appropriate method of hysterectomy depends on individual factors such as general health, previous surgery and uterus size.²

What can I expect from robotic surgery?



Actual incision size

During da Vinci robotic-assisted surgery, your surgeon will make a few small incisions, and use a 3D high-definition camera for a magnified view of the surgical area.



Your surgeon sits at a console next to you and operates through the incisions using a camera and tiny instruments.



The da Vinci system translates every hand movement your surgeon makes in real-time, manipulating the instruments so they can perform the hysterectomy.