



Laparoscopic Supracervical Hysterectomy

First Choice for the Active Female



Robert Wood, M.D.

Mobile Ob-Gyn, P.C. offers patients an alternative to traditional abdominal hysterectomy that is the least invasive, least traumatic, least expensive and the quickest way to remove the uterus. As an added benefit, most women are back to normal activities within 7 days!

If you've ever been told that you are a candidate for a hysterectomy because of persistent and heavy bleeding or painful symptomatic fibroids, then we have good news for you.

If you've been putting off having a hysterectomy because, like most busy women, you can't afford to spend several days in the hospital, then miss four-to-six-weeks of work, give up driving, and worry about your family's well-being while you recover, the news gets even better.

Mobile Ob-Gyn, P.C. is the only physician practice in Mobile and Baldwin Counties that offers a newer, safer alternative to the traditional total abdominal hysterectomy. This new procedure, Laparoscopic Supracervical Hysterectomy (LSH), was designed to be the least invasive, least traumatic, and the quickest way to remove the uterus without adverse effects to either vaginal support or sexual function.

The Benefits

According to Dr. Robert Wood, the major benefit of LSH is the shorter recovery time compared with traditional abdominal hysterectomy. Most patients attain full recovery in one-to-two-weeks compared to the four-to-six-week recovery with abdominal hysterectomy. Other benefits of this procedure include shorter operating time, less bleeding, minimal tissue damage, no sutures, and less post-operative pain. In addition, this is a much less invasive procedure than abdominal hysterectomy. This allows the cervix to remain intact, minimizing bladder and urinary tract complications that sometimes accompany the traditional hysterectomy procedure.

The Procedure

The uterus is removed entirely through the belly button by a special device called a morcellator. Removal of the tubes and ovaries is an individual decision between the patient and the doctor and does not add any additional surgery or recovery time.

LSH is still considered major surgery, and must be performed by two physicians. It is an adaptation of a total Laparoscopic hysterectomy, which is completely removing the uterus and cervix through the laparoscope. Both Dr. Wood and Dr. Shawn Kleinpeter received extensive training on the total Laparoscopic hysterectomy procedure during their residencies at the Oshner Clinic in New Orleans. Dr. Wood remained at Oshner for two more years after his residency, fine-tuning his skills in this area. When the two doctors later joined Mobile Ob-Gyn, P.C., they were still very interested in LSH. They perfected their technique and completed a special training course in Orlando on the use of the harmonic scalpel, a cutting and coagulating instrument that is used in the surgery. They began doing the procedure in Mobile around three years ago, and now all of the Mobile Ob-Gyn, P.C. physicians are capable of performing this surgery.

Unfortunately, LSH is not an option for some patients. For example, women who have a great degree of prolapse would probably require a vaginal hysterectomy and then a reconstruction procedure to repair the prolapse.

The Recovery

Patients will spend one or two nights in the hospital, and the first few days may be a little uncomfortable. Every patient recovers differently, but it is not uncommon for patients to return to work one week after surgery. One of Dr. Wood's most exciting success stories is of a patient who came in for her four-week check up following a Laparoscopic Supracervical Hysterectomy. She told him that she felt so good one week after the surgery that she was actually able to go horseback riding.

The good news is that you don't have to put off your hysterectomy any longer. Make an appointment with a Mobile Ob-Gyn, P.C. physician today to find out if you are a candidate for the LSH surgery. With the availability of this cutting edge technology, why would you want to do it any other way?

◆◆◆
*According to
Dr. Robert
Wood, the
major benefit
of LSH is the
shorter
recovery time
compared with
traditional
abdominal
hysterectomy.*

