



Mayo Clinic Minute: Minimally invasive hysterectomy

Having a hysterectomy can treat many gynecologic conditions, including fibroids, painful periods, and cancer, such as endometrial, cervical, ovarian and uterine cancers.

Dr. Megan Wasson, a gynecologic surgeon at Mayo Clinic, specializes in minimally invasive surgery. She says the decision to undergo a hysterectomy is highly individualized, based on each patient's specific needs.

In many cases, a minimally invasive approach is an effective treatment. This type of surgery can help patients heal faster with less pain and a shorter recovery.

Video	Audio
	(nat sound – monitor or sound in OR) Minimally invasive surgery uses small incisions and special tools, causing less damage to the body than traditional surgery.
Megan Wasson, D.O. Gynecologic Surgery Mayo Clinic	"Any minimally invasive approach, whether that's vaginal, laparoscopic, robotic — that's going to be associated with a very fast recovery. The vast majority of the time, patients are able to leave the hospital the same day."
	The most common gynecologic surgery is hysterectomy — the removal of the uterus.
	"The vast majority of the time we are able to complete hysterectomy through a minimally invasive approach. The most minimally invasive is a vaginal hysterectomy, which does not require any incisions on the abdomen."
	Laparoscopic or robotic hysterectomy is another approach.
	"We separate the uterus from all of the surrounding tissue, and then we remove it. And then we do still need to do a hysterectomy through a larger incision called a laparotomy, at times. Most commonly that's going to be in the setting of a cancer or if there are extremely large fibroids."
	Dr. Wasson says treatment is not a one-size fits all, and she encourages patients to ask questions.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.