

- A catheter to drain urine from your bladder for one to two days.
- You may have a PCA pump (patient controlled analgesia) for pain relief which the anaesthetist would discuss with you before the surgery. Once you are eating and drinking, painkillers can be taken by mouth.

### Discharge home

The length of stay in hospital depends on how quickly you recover. Patients tend to go home 3 to 4 days after surgery.

### Follow up

You will normally be given an appointment to be seen in the clinic in 6-8 weeks time. Please contact your GP if:-

- You notice any redness, swelling or discharge from the wound site.
- You develop a temperature.
- You experience severe lower tummy pain.
- You experience heavy vaginal bleeding.
- You develop a stinging or burning sensation while passing urine.

### Returning to your normal activities

This advice can only be used as a guide as your recovery from the operation will be specific to you as an individual.

You are the best judge of when you feel able to go back to work. This is usually between four and six weeks after going

home, depending upon the type of job you have and how you are feeling.

You must not go swimming until your wound has healed and any vaginal discharge has stopped.

It is not advisable to drive until you feel comfortable wearing a seatbelt and able to carry out an emergency stop.

### Useful contacts

If you have any urgent queries please contact:-

- the secretary on 0121 627--6883- for advice
- The ward on 0121 627 2758

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# Abdominal Myomectomy (Surgical removal of Fibroids)

Patient Information

## What is an abdominal myomectomy?

A myomectomy is the removal of fibroids through an incision in the abdomen. You may have a bikini-line (transverse) or an up and down (midline) incision. The fibroids are removed from the wall of the womb (uterus), which is then repaired. The operation can take several hours to complete, depending on the size and location and number of fibroids.

## Why is an abdominal myomectomy performed?

A myomectomy is usually performed for one of the following reasons:

- Heavy periods.
- Infertility. Women with very large fibroids may have difficulty in getting pregnant. Women may be advised to have fibroids removed before having assisted conception.
- Pressure symptoms and discomfort due to an enlarged womb. Fibroids may press on the bladder causing the need to pass urine frequently. If very large they can cause the abdomen to swell and cause discomfort.

## What are the benefits of having an abdominal myomectomy?

The main advantage is that it aims to relieve the symptoms caused by the fibroids without having to remove the womb.

## What are the risks?

- Excessive bleeding during the operation requiring blood transfusion. This risk is quite high (20%).
- Hysterectomy (removal of the womb). There is always a small risk of a hysterectomy being required following a myomectomy. Hysterectomy will only be performed if there is very heavy bleeding that cannot be stopped any other way. The risk is low, about 1%.
- Injury to surrounding organs such as bladder or bowel
- Wound infection.
- Blood clots in the legs and lungs. To help prevent these you will have a small injection of a blood-thinning drug after the surgery, until you are discharged
- Allergic reaction to drugs or anaesthetic.
- Breathing difficulties during or following the general anaesthetic.

The likelihood of complications increases in patients who are overweight or obese, heavy smokers and those with medical problems such as diabetes or chronic illnesses that are not well controlled.

In less than 10% of women following surgical treatment, there may be an increase in the size of the remaining fibroids and this may cause additional symptoms. There is also a chance that you will develop new fibroids in the future.

## Treatment before surgery

GnRH analogues (Prostap) injections  
Most women will be recommended to have injections to shrink the fibroids for two to three months before surgery. You will be given one injection per month before surgery. This injection is given into your tummy or arm.

The injections help to shrink the fibroids, reducing the chance of heavy bleeding during the operation and sometimes a bikini line scar may be possible rather than an up and down cut.

The injections usually cause menopausal symptoms such as hot flushes, headaches and mood changes, but these stop soon after stopping the medication.

## Preparation for surgery

The operation is performed under general anaesthetic. You will see the anaesthetist before your operation.

## After the operation

Following the operation you may wake up with:

- A drip (intravenous infusion) in your arm. This usually stays in place for a day until you are drinking normally again.
- One or two drains (plastic tubes) situated under your skin near the wound to remove any excess blood. These will remain for one to two days.