

## **Total Abdominal Hysterectomy (TAH)**

### **Technique**

Procedure involves the removal of the uterus and cervix. The decision whether or not to remove the fallopian tubes and ovaries is a separate decision. If the ovaries are removed, the procedure name includes the term bilateral salpingoophorectomy (BSO).

### **Incisions**

An incision is made on the abdomen for this procedure. The size of the incision is determined by the size of your uterus and the abdominal exposure needed. The incision will either be vertical (from the belly button down to the pubic bone) or horizontal ("bikini cut").

### **Operative Time**

Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her first priority. Average times range from 45-120 minutes.

### **Anesthesia**

Spinal anesthesia or  
General anesthesia

### **Preoperative Care**

Nothing by mouth after midnight

The procedure is usually scheduled immediately after your menstrual period.

### **Hospital Stay**

Inpatient stay for 2-3 days after the surgery

### **Postoperative Care**

These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.

Anti-inflammatory pain medicine is usually required for the first several days to manage soreness and inflammation.

Narcotic pain medicine will be provided to assist with the discomfort from the incisions.

Driving is allowed after your procedure only when you do not require the narcotic pain medicine to manage your pain.

Patients may return to work in 4-6 weeks following the procedure.

Incisions may bruise but they should not become red or inflamed.