

Get Back to Your Life Faster With LSH

Hysterectomy Option	Hospital Stay/ Recovery Time
Abdominal	3 – 6 days / 6 weeks
Vaginal	1 – 3 days / 4 weeks
Laparoscopic Supracervical (LSH)	1 day or less / 1 week



Get Back to Normal Faster

Having a hysterectomy doesn't have to hold you back. Look inside and discover how a less invasive procedure called LSH can:

- Shorten your hospital stay
- Speed up your recovery
- Maintain support
- Reduce pain & scarring



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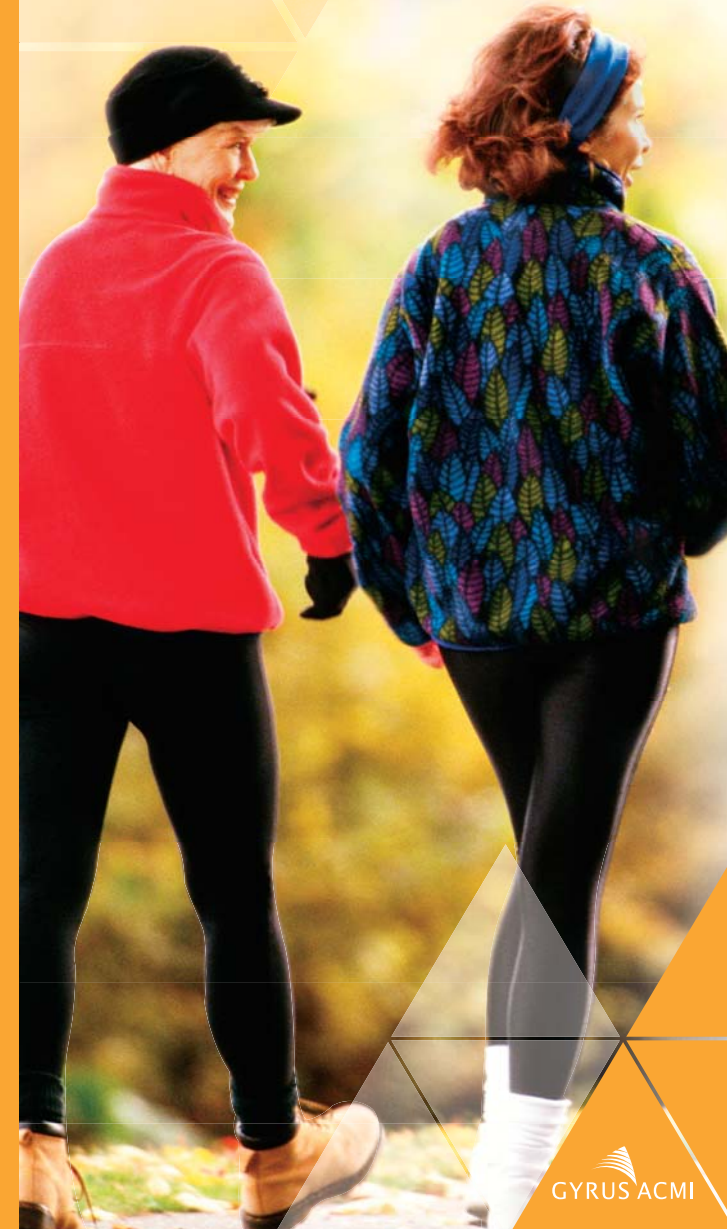
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Don't Let Hysterectomy Hold You Back



LSH—THE LESS INVASIVE HYSTERECTOMY

Having a hysterectomy used to mean a large abdominal incision, several days in the hospital and a long, painful recovery at home. Fortunately, there's a less invasive hysterectomy procedure that has changed all that.

Laparoscopic Supracervical Hysterectomy (LSH) is a minimally invasive procedure, which uses a few tiny incisions and advanced surgical technology to remove the uterus, while maintaining critical support structures.

MAINTAINING THE CERVIX

LSH leaves the cervix intact, which may reduce the risk of urinary incontinence and pelvic support problems. This less invasive surgery allows women to return to their normal sexual activity and gives many women a feeling of wholeness that may otherwise be lost.

REMOVAL OF OVARIES

Depending on your medical situation, your ovaries may need to be removed. The removal of your ovaries may lead to symptoms associated with menopause – hot flashes, insomnia, irritability or vaginal dryness. These symptoms may be reduced by alternative therapies. Ask your physician about your options.

BENEFITS OF LSH

LESS TIME IN THE HOSPITAL

A LSH procedure means considerably less time in the hospital. While an abdominal hysterectomy typically requires a 3 to 6 day hospital stay, in many cases LSH patients can expect to return home the same day.

QUICKER RECOVERY

For many women, the 6 weeks or more to recover from an abdominal hysterectomy is not an option. LSH can dramatically reduce recovery time, enabling most patients to return to their regular routine in less than a week.

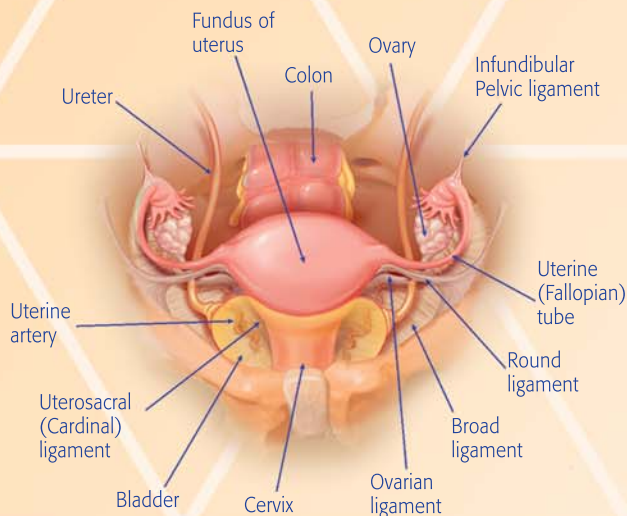
LESS PAIN & SCARRING

Because LSH is less invasive, most patients experience much less postoperative pain than with an abdominal hysterectomy. And because LSH uses only a few small incisions, scarring is minimized.

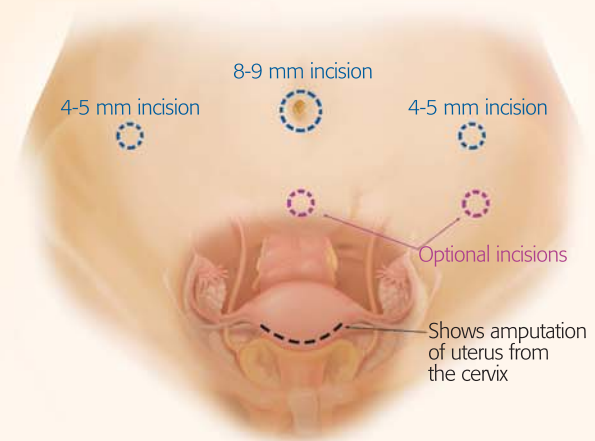
WHAT IS A HYSTERECTOMY?

A hysterectomy is the surgical removal of the uterus. The cervix, ovaries and fallopian tubes may also be removed. A hysterectomy is most often performed due to abnormal bleeding, abdominal pain or fibroids.

The three basic hysterectomy types are abdominal, vaginal and laparoscopic.



Tiny incisions help minimize scarring



Ask your doctor about LSH today!