



Total Laparoscopic

MORE THAN ONE IN FOUR WOMEN in the United States will have a hysterectomy by the time they reach their 60th birthday, new options are available now, making the procedure less invasive and offering a faster recovery time. Total Laparoscopic Hysterectomy (TLH) is quickly becoming the most popular way to perform the second most common surgical procedure in the country. According to Dr. Robert V. Cazayoux, Jr., his practice performs 90 to 95 percent of hysterectomies in that fashion.

When compared to the three other

types of hysterectomies – abdominal, vaginal and laparoscopic-assisted vaginal – Dr. Cazayoux, Jr. explained that the risks are not different, but the benefits for the patient are greater. Many of the reasons for having a hysterectomy, such as fibroids, ovarian cysts, endometriosis, abdominal bleeding and pelvic pain, are all treatable with TLH.

“The best thing about this procedure is that it allows us to include so many more patients,” said Dr. Richard J. Clement, Jr. “In the past, most patients with prior C-sections or

enlarged uteri were excluded from a laparoscopic or vaginal hysterectomy. We had to resort to performing an abdominal hysterectomy. Now, with the latest laparoscopic technology on the market today, we are able to do our most difficult hysterectomies using the TLH technique. It’s to the point now that almost none of the patients in our practice have abdominal hysterectomies.”

The term ‘total hysterectomy’ refers to the surgical removal of the uterus and cervix, whereas ‘oophorectomy’ refers to the removal of the ovaries. “With a TLH

PATIENT BENEFITS

- **Less invasive than traditional open surgery**
- **Less post-operative pain**
- **Shorter hospital stay**
- **Patients are able to return to work within two weeks of TLH**

procedure, we are able to perform a total hysterectomy alone, or a total hysterectomy in combination with oophorectomy, depending on the individual patient's needs," said Dr. Clement, Jr.

In a TLH procedure, the laparoscope is inserted through a half-inch incision in the patient's belly button. Then, two smaller incisions are made on each side of the patient's lower abdomen for surgical instruments to be exchanged to perform the entire procedure. The laparoscope gives the physician greater visual access to the uterus, ovaries, cervix and fallopian tubes. The technology of this procedure is what sets it apart from the other versions

of the surgery. A magnified view of the patient's entire abdominal cavity is projected onto a state-of-the-art flat screen television. "Because of this technology, we now have a much better visualization of the entire surgical field as opposed to what we could see during traditional open surgery," added Dr. Cazayoux, Jr.

Due to the fact that the TLH is less invasive than other hysterectomies, there is also a quicker recovery time. "The TLH patients are left with only three minimal incisions, which significantly reduces the amount of post operative pain experienced," explained Dr. Clement, Jr. Patients can, on occasion, return home on the same day as the surgery; or, at most, have an overnight stay and go home the next morning. The hospital stay is significantly shorter than the three-to-four-day stay associated with a traditional hysterectomy. Another added benefit is that the patients are typically able to return to work between one and two weeks following a TLH.

While the decision to have a hysterectomy is a difficult one, TLH offers benefits that make the procedure less



In a total laparoscopic hysterectomy, patients are left with only three minimal incisions, which significantly reduces the amount of post operative pain experienced.

complicated and problematic for the patient. For Dr. Cazayoux, Jr. it is the first option to explore. "Why wouldn't I recommend a Total Laparoscopic Hysterectomy? The recovery time is much faster..., the pain is significantly less..., and the patient requires significantly less pain medication." For more information on TLH or names of OB/GYN physicians on staff at TGMC, call 985-873-4616, or log on to www.tgmc.com.

Robert Cazayoux, Sr., M.D., Robert Cazayoux, Jr., M.D. and Richard J. Clement, Jr., M.D. are in practice together at Women's Health Specialists and are on active staff at TGMC. See page 6 for a listing of the OB/GYN physicians on active staff at TGMC.

Hysterectomy

