

# Hysterectomy with Bilateral Salpingo-Oophorectomy

Hysterectomy is a surgical procedure to remove all or part of the uterus\*, and sometimes the ovaries\* and/or fallopian tubes\*; a gender-affirming, masculinizing lower surgery.

Oophorectomy is a surgery to remove the ovaries\*; a gender-affirming, masculinizing lower surgery.

## How is a hysterectomy with bilateral salpingo oophorectomy performed?

1. 3 to 5 tiny incisions are made on your abdomen.
2. Gas is put into your abdomen to inflate it.
3. A very small telescope is inserted in one of the incisions so the surgeon can see inside.
4. Long, narrow instruments are inserted through the incisions to detach the uterus\*, fallopian tubes\*, ovaries\*, and cervix\*.
5. These tissues are removed through the vagina\*.
6. The top of the vagina\* is closed with stitches that will dissolve over time.
7. The gas is released.

## Will I need to stay in the hospital?

You will likely be discharged the same day as the surgery

## What medications will I be prescribed after surgery?

You will likely receive painkillers and antibiotics to reduce the chance of infection.

## What should I expect after my procedure?

- Discomfort in your belly
- Pain in your upper chest and shoulder area, due to the gas used to inflate your abdomen.
- Pink, brown or yellowish brown discharge from vagina\* for 4 to 6 weeks
- You may pass some stitches and this is normal
- Incisions may be red with some bruising. This will slowly go away.

- Incisions will be closed with steri-strips, sutures or staples. Your surgeon will let you know whether and how these will be removed.

## Are there additional visits after my procedure?

The number of check-ups needed varies from person to person. You will likely be asked to visit your surgeon 4-6 weeks after your surgery to ensure you are healing as expected. You can also see your primary care provider about any concerns in the post-operative period. When you visit your surgeon or primary care provider, they should check your surgical sites to make sure there are no infections or wound healing problems. They will ask questions about pain, bleeding, discharge, urination, bowel movements, fever, and how you are feeling physically and emotionally.

## How long will it take for me to get back to my usual activities?

Recovery time varies from person to person, so always follow the advice of your surgeon. You'll need to get plenty of rest in the first 2 weeks. Most people are back to their usual activities within 4-6 weeks. Some activities, such as driving, heavy lifting, exercise, sex, and soaking in hot tubs, may be restricted in the post-operative period. Your surgeon will give you advice about when it is okay to resume these activities.

## What are the complications associated with hysterectomy with bilateral salpingo oophorectomy?

All surgical procedures involve some risks, including negative reactions to anesthesia, blood loss, blood clots, artery blockages or if larger incision is needed in the abdomen. It's important to discuss these risks in detail with your surgeon. Your surgical care team will take a wide variety of steps to prevent these problems, detect them if they arise, and respond to them appropriately. They will also inform you about what you can do to minimize your risks.