

Minimally-Invasive Surgical Procedures

Many gynecological issues can be addressed through minimally-invasive surgical procedures today. From heavy menstrual bleeding to permanent sterilization, outpatient surgical procedures now offer stellar results with much less discomfort and downtime afterward. Thanks to advances in computer technology and the introduction of laparoscopic surgical options, treatment for gynecological conditions is faster and easier than it has ever been before.

Procedures Available

Minimally-invasive surgical procedures offered by the Complete Women's Healthcare Center include:

Endometrial Ablation – This office procedure is used to treat unusually heavy or erratic menstrual bleeding. Treatment involves the insertion of a heated balloon into the uterus, which damages uterine lining to impact bleeding patterns. The majority of women who have this 15-minute procedure see a significant reduction in menstrual bleeding, while a smaller percentage experience complete cessation of their periods.

Essure Sterilization – This non-surgical sterilization option can be performed in a physician's office. Soft, flexible coils are inserted into the Fallopian tubes, which blocks sperm from reaching the egg. Discomfort and recovery time are minimal, with most women returning to normal activities the day after. The treatment is considered the most effective type of sterilization available today, with less risk and downtime than other sterilization procedures.

Hysteroscopy – This minimally-invasive diagnostic procedure can also be used to treat some causes of vaginal bleeding. A small lighted scope is inserted into the uterus, allowing the physician to evaluate the uterine wall for potential problems. If treatment is warranted, it can often be performed in the same treatment session.

Colposcopy – The procedure may be recommended if a patient has received abnormal results from a routine pap smear. A small scope called a colposcope is used for examination of the cervix and vagina. If unusual cells are detected, a small section can be removed at that time for biopsy.

Mid-Urethral Sling Procedure – The sling procedure is used to treat stress urinary incontinence, which is the uncontrollable loss of urine with coughing or sneezing. The sling device is a piece of surgical tape that provides additional support to the urethra. It is inserted as an outpatient procedure, under local anesthesia and sedation.

Laparoscopic Hysterectomy – The removal of female organs in a procedure known as a hysterectomy used to be a relatively major surgery that required a significant hospital stay and recovery time afterward. Today, the procedure can sometimes be performed through a minimally-invasive surgery known as laparoscopic hysterectomy. Tiny incisions and special tools allow the physician to remove the uterus and cervix with minimal bleeding and trauma to the abdominal area. Patients can often return home the same day as the surgery, and recovery time is much shorter and less painful.

Through minimally-invasive surgical procedures today, patients can receive treatment for a number of conditions with less discomfort and downtime than ever before. For more information about minimally-invasive gynecological treatments, contact the Complete Women's Healthcare Center today.