

Pre-Procedure: Hysterectomy

As you get ready for your upcoming hysterectomy, you may be feeling a bit anxious.

That's understandable. To help ease your mind, focus on this. Surgery will relieve symptoms like pain and heavy bleeding so you can get back to enjoying life.

That's sure to make you smile. Knowing what to expect with the surgery can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about hysterectomy.

How will I feel after surgery? You'll likely have some pain after surgery. How much is hard to predict. Everyone is different. The good news, any discomfort will get better over time, and your care team is well equipped to help you manage it.

Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

What about the risks of surgery? All surgeries have some risks, like the chance for an infection or problems with anesthesia. But remember, millions of people have general anesthesia every year without any trouble.

Your anesthesia provider is well trained in keeping you safe and pain free during surgery. Having a hysterectomy also has other risks, like heavy bleeding and damage to nearby organs. Keep in mind these events are rare. Your care team has done lots of these surgeries and knows exactly how to keep you safe and healthy.

You can do your part too by following all pre- and post-surgery instructions. Be open and honest with your care team about your use of medicines, alcohol, and drugs so they can make the best decisions about your treatment. And if you have questions, ask away.

What will life be like after surgery? A hysterectomy will relieve difficult symptoms like pain, discomfort, and bleeding, but this surgery brings with it some other big life changes. You'll no longer be able to get pregnant, and you may go through menopause if you have your ovaries removed.

These changes can trigger strong emotions. If you feel overwhelmed, sad, or stressed after surgery, be kind to yourself and tell your care team.

They can help you cope with any emotional and physical changes. Still have questions or concerns? Your care team is here to help. Get in touch to learn more about what you can do to make your surgery a success.