



## **Laparoscopic Supracervical Hysterectomy (LSH)**

Laparoscopic Supracervical Hysterectomy is a minimally invasive option for many women that uses laparoscopy alone to remove the uterus, but leaves the cervix intact. During the procedure, a laparoscope and small surgical instruments are inserted through tiny incisions in the navel and abdomen. Using these instruments, the surgeon is able to carefully separate the uterus from its pelvic connections and from the cervix. The uterus is then removed through one of the incisions.

LSH is less invasive than traditional “open” hysterectomy and has many advantages. It was developed to reduce pain and trauma to the body, minimize scarring and shorten recovery time. The procedure can be performed on an inpatient or outpatient basis under general or regional (spinal or epidural) anesthesia, which means you can be home resting comfortably within 24 hours, and back to your normal activities in less than a week (6 days, on average).

In addition, LSH preserves the cervix, which research suggests may help reduce risk of pelvic floor prolapse and other complications associated with total hysterectomies, including sexuality concerns.

Because the cervix is left in place, you must be willing to continue annual pap smears to screen for cervical cancer.

If you would like to discuss this option in more detail, call **763-587-7916** to schedule an appointment with one of our Gynecologists at one of our three convenient locations.

**OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)**

**Office Hours: Monday – Friday, 7:30 am – 5pm**

**Tuesday: Plymouth Office has extended hours until 8pm**

**Thursdays: Crystal Office has extended hours until 8pm**

**Crystal Office  
5109 36<sup>th</sup> Ave. N.  
Crystal, MN 55422**

**Maple Grove Office  
9825 Hospital Drive Suite 300  
Maple Grove, MN 55369**

**Plymouth Office  
Center for Women’s Health  
15655 37<sup>th</sup> Ave. N. Suite 180  
Plymouth, MN 55446**

For more information about Voyage Healthcare and the services we offer, please visit us at [www.voyagehealthcare.com](http://www.voyagehealthcare.com)