



Different types of myomectomies compared

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	Open (abdominal) myomectomy	Hysteroscopic myomectomy	Laparoscopic myomectomy	Vaginal myomectomy
What is it?	Fibroids removed via a larger abdominal incision (laparotomy)	Fibroids are removed through the cervix/vagina using a hysteroscope	Fibroids are removed via several small (1/2 - 1 cm) abdominal incisions	Fibroids are removed via the vagina
Which fibroids are suitable?	All fibroids are suitable irrespective of size, site or number - the only option with large, multiple fibroids	Typically a single, small (< 5cm) fibroid which is sited or growing towards the inside of the uterus (uterine cavity)	Maximum of 3 fibroids with a maximum total diameter of 15 cm which are on the outside of the uterus	Fibroids which have prolapsed through the cervix into the vagina. In special cases, vaginal myomectomy can be used with smaller fibroids sited on the outside of the uterus
What are the major advantages of this route?	Greatest chance of all fibroids being removed (if there are multiple fibroids)	No external scars, day-case surgery which can be done under local anaesthesia, quick recovery	Avoids a laparotomy incision with shorter hospitalisation and quicker recovery than open myomectomy	No external scars, shorter hospitalisation, relatively quick recovery
What are the major disadvantages of this route?	Involves laparotomy with inherent risk of wound infection, deep vein thrombosis, pelvic haematoma	Only removes submucous fibroids, so symptoms may recur if there are multiple fibroids present	Long operating (anaesthetic) time, smaller fibroids may be missed so recurrence of symptoms more likely than with open myomectomy	Pelvic haematoma
How long does it take?	1-3 hours	15-60 minutes	2-3 hours	30-60 minutes
How long will I be in hospital?	3-5 days	Usually day case surgery	2-4 days	Day case or up to 2 days
When am I likely to be able to resume normal activities?	4-6 weeks	Few days	2-4 weeks	1-2 weeks
What is the risk of hysterectomy?	Probably < 1%	Virtually zero	Probably < 1%	Probably < 1%
What will happen to my periods?	Periods usually become lighter and less painful	Periods usually become lighter and less painful	Periods usually become lighter and less painful	Periods usually become lighter and less painful
Can I become pregnant afterwards?	Yes	Yes	Yes	Yes

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