

## **Minimally Invasive Surgery**

### **Hysteroscopy**

This procedure uses gentle dilation of the cervix to insert a camera and look inside the uterus. There are no incisions made. It can be done for recurrent pregnancy loss, abnormal bleeding, infertility, endometrial polyps, uterine fibroids, and other reasons. We offer this in our office, instead of the hospital or a surgery center, for appropriate patients.

### **Endometrial Ablation**

Many women suffer from heavy periods, also called menorrhagia. These periods may last longer than 7 days, cause fatigue and anemia, soak through tampons or clothing frequently, and interfere with a woman's daily activities. Endometrial ablation is a short, outpatient procedure that destroys the lining of the uterus which results in either lighter periods or sometimes no menstrual flow. This procedure is only provided for women who are done having children. It is not a form of birth control. There are different methods of performing an endometrial ablation including Novasure, Her Option, and Hydrothermal Ablation. The doctors at Haugen OBGYN offer these procedures as an alternative to hormonal management or hysterectomy in appropriate patients.

### **Minimally Invasive Hysterectomy**

If you need your uterus removed due to heavy bleeding, uterine fibroids, prolapse, or another reason, most likely a minimally invasive method could be used. These methods include total vaginal hysterectomy, laparoscopic assisted vaginal hysterectomy, and total laparoscopic hysterectomy. Minimally invasive surgery leads to less or minimal hospitalization time and a quicker recovery. Which of these options is right for you depends on your individual circumstances. Fallopian tubes are usually removed at the time of hysterectomy. Not all women need or should have their ovaries removed when they have a hysterectomy. Our physicians are experts in helping you navigate whether and what type of hysterectomy is right for you.