

LAPAROSCOPICALLY ASSISTED VAGINAL HYSTERECTOMY (LAVH)

A brief overview

To put it simply, **Laparoscopically Assisted Vaginal Hysterectomy (LAVH)** is a **minimally invasive surgical technique for removing the uterus**. Its advantage is that it combines the benefits of laparoscopy, which uses small incisions and a camera to view internal organs, with vaginal surgery, allowing the uterus to be removed through the vaginal canal.

LAVH is often recommended for patients who require hysterectomy but may benefit from a less invasive approach.

When is LAVH used?

LAVH is used to treat various gynaecological conditions which include:

- **Uterine fibroids** causing heavy bleeding or pain
- **Endometriosis** or adenomyosis
- **Chronic pelvic pain** unresponsive to other treatments
- **Abnormal uterine bleeding** not controlled by medication
- **Early-stage gynaecologic cancers** (in select cases)
- **Pelvic organ prolapse**

Whether LAVH can be opted for depends on the patient's medical history, the size and shape of the uterus and any previous abdominal surgeries.

The process in detail

During LAVH, the surgeon makes small incisions in the abdomen to insert a laparoscope and specialised instruments. The laparoscope provides a magnified view which helps to carefully separate the uterus from surrounding tissues. The procedure continues vaginally, where the uterus is detached and removed. In some cases, the ovaries and fallopian tubes may also be removed if clinically indicated.

What are the benefits of LAVH?

LAVH offers several benefits such as:



- Smaller incisions and less visible scarring
- Reduced blood loss during surgery
- Shorter hospital stay (often 1–2 days)
- Quicker recovery time
- Less postoperative pain and discomfort

Risks and Complications

However, as with any surgery, LAVH carries potential risks such as infection, bleeding, injury to nearby organs such as the bladder or bowel and anaesthesia-related complications. However, these risks are generally lower than with open abdominal procedures.

Recovery and Aftercare Protocols

Most patients undergoing LAVH can return to light activities within two weeks, with complete recovery typically taking four to six weeks.

Postoperative care includes:

- Avoiding heavy lifting for several weeks
- Maintaining good hygiene to prevent infection
- Attending follow-up appointments for proper healing assessment

A viable alternative

To sum up, Laparoscopically Assisted Vaginal Hysterectomy is a safe and effective option for many women needing hysterectomy as it combines the precision of laparoscopy with the advantages of vaginal surgery and facilitates faster recovery.