

**Laparoscopic Supracervical Hysterectomy (LSH) is a minimally invasive option for many women.**

Laparoscopic Supracervical Hysterectomy (LSH) is a recent surgical option 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 some 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 to schedule an appointment with one of our Gynecologists at one of our four convenient locations.

**Robbinsdale Office** [www.northclinic.com/robbinsdale.asp](http://www.northclinic.com/robbinsdale.asp)

**Oakdale Medical Building**  
**Suites 215 and 315**  
**3366 Oakdale Avenue North**  
**Robbinsdale, MN 55422**  
**OB-GYN Appointments:**  
**(763) 587-7916**

**Maple Grove Office** [www.northclinic.com/maple\\_grove.asp](http://www.northclinic.com/maple_grove.asp)

**9825 Hospital Drive**  
**Suite 300**  
**Maple Grove, MN 55369**  
**OB-GYN Appointments:**  
**(763) 494-7590**

**Osseo Office** [www.northclinic.com/osseo.asp](http://www.northclinic.com/osseo.asp)

**50 Central Avenue**  
**Osseo, MN 55369**  
**OB-GYN Appointments:**  
**(763) 420-1990**

**Plymouth Office** [www.northclinic.com/plymouth.asp](http://www.northclinic.com/plymouth.asp)

**West Health Medical Building**  
**Suite 300**  
**2855 Campus Drive**  
**Plymouth, MN 55441**  
**OB-GYN Appointments:**  
**(763) 587-7711**

For more information about LSH, visit [www.hysterectomyoptions.com](http://www.hysterectomyoptions.com)