

# Frequently Asked Questions (FAQs) What is the role of surgery for the treatment of pelvic pain? What can surgery do and cannot do? how to prepare for surgery?

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# Frequently Asked Questions (FAQs) What is the role of surgery for the treatment of pelvic pain? What can surgery do and cannot do? how to prepare for surgery?

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## **Do I need a laparoscopy?**

A laparoscopy is a surgery performed with very small instruments and camera through small wounds. This surgery will allow the surgeon to look at the pelvic organs and remove causes of pain like scar tissue, endometriosis, fibroids, and ovaries. However, before having surgery, the surgeon must make sure that the source of the pain can be best treated with surgery because there are many conditions that cause pelvic pain that are not treated with surgery such as IBS, bladder pain syndrome and pelvic muscle spasm.

## **Do I need a hysterectomy?**

A hysterectomy is a surgery where the entire womb is removed. This should only be done when having children is no longer desired. This surgery is often performed for individuals when they have pain and bleeding coming from the womb. How a hysterectomy is done depends on the size of the uterus and the skills of the surgeon. Although having a hysterectomy with small scars is less painful and has a quicker recovery, sometimes the uterus is too large to be removed through less invasive means and a traditional abdominal scar is needed.

## **Is the surgery going to cure my pain?**

If the surgery fails to completely treat your pain, do not be surprised as this happens in 3 out of 10 persons who have surgery for long lasting pain. Be prepared to review your remaining symptoms with your doctor and do additional therapy which may include medications, physical therapy, pain blocking injections, nerve stimulation, acupuncture, massage, meditation, and psychological therapies. Your surgeon may need to gather a team of healthcare professions to help you manage your pain long-term.

## **What do I do if I have a pain flare after surgery?**

If you have a pain flare after surgery, it is important to speak to your surgeon. A pain flare may be due to the actual surgery or may be caused by a prior condition such as pelvic muscle spasm. Prior to your surgery, feel free to discuss options with your surgeon about managing your pain after surgery. Surgery is painful and pain medications are usually needed, but even with medications you should expect some pain during recovery.

## **Resources for management of pelvic pain and surgeries**

International Pelvic Pain Society Patient Education Pamphlets: [www.pelvicpain.org](http://www.pelvicpain.org)