

Questions to ask your surgeon or physician about treatment for pelvic adhesions

Before undergoing surgery to treat your pelvic adhesions, you will likely have many questions for your surgeon or physician. Below are some recommended questions to ask – and background information to help you weigh the answers:

How do you perform resection of pelvic adhesions?

Laparoscopic removal of scar tissue (lysis of adhesions) is most effective in patients with extensive adhesions and adhesions involving the bowel. In cases of mild adhesions, cutting down of adhesions may not treat the pain and other causes of pain need to be considered. If scar tissue is caused by multiple cesarean deliveries, the removal of the uterus may be necessary to avoid adhesion reformation and repeat surgery.

Do you recommend open surgery?

Open resection is still the mostly commonly performed surgery to remove pelvic adhesions, but the major disadvantages with this type of approach are that it requires a much larger incision than new minimally invasive techniques, can result in longer hospital stays, can cause more pain during recovery and longer recovery times – patients often need six to eight weeks to recover.

A recent advancement in minimally invasive GYN surgery, [DualPortGYN](#) is a new way to perform resection of pelvic adhesions and has been used in thousands of surgeries.

How many times have you performed this procedure?

When it comes to any form of surgery, training, skill and practice matter, which is why GYN surgeons who specialize in minimally invasive surgery are the most qualified. The reality is that OB-GYNs are highly skilled obstetric practitioners, but very few perform GYN surgeries often enough to be surgical specialists. This is borne out by studies, which find that GYN surgery is commonly a secondary component of what an OB-GYN does.

What have your other patients experienced after this procedure?

Robotic, open and conventional laparoscopic GYN surgeries can lead to longer recovery times, increased blood loss and larger scars than newer procedures. Make sure your surgeon is trained in the latest minimally invasive techniques, such as [The Center for Innovative GYN Care's DualPortGYN](#), that prevent injury to the pelvic structures and minimize blood loss – resulting in reduced complication rates and improved recovery times.

Have you had fellowship training in minimally invasive GYN surgery?

While most OB-GYNs are highly trusted generalists, they spent most of their time focusing on obstetrics and basic GYN care and therefore, perform specialized GYN surgeries rarely. Be sure

to choose a surgeon who has received comprehensive training and performs many pelvic adhesion resections or other minimally invasive minimally invasive GYN procedures each year.

Will you use robotics to assist with the surgery?

Although the American Medical Association and other leading medical societies have issued statements discouraging robotic techniques due to dramatically higher costs to patients without any medical advantages, robotics continue to be used in GYN surgeries. This is because robotic procedures “enable” an OB-GYN not well trained in laparoscopic GYN surgical techniques to complete a GYN surgeries through a “minimally invasive” approach. This is why women need to ask if robotics will be used during a GYN surgery and to seek a specially trained surgeon able to perform the latest minimally invasive surgical techniques, such as DualPortGYN and retroperitoneal dissection that do not use robotics.

What is my anticipated recovery time?

New minimally invasive techniques require, on average, only a week to recover. Other procedures such as open abdominal surgery can take up to 8 weeks. [This chart explains more.](#)

What are my other surgical options?

Ask your physician if he or she is aware of new, minimally invasive procedures. [Here's a reference guide for you.](#)

Women need to be their own best advocate, which is why getting a second opinion is always good practice. Since there are different surgical options for removing pelvic adhesions, getting a second opinion is a way you can ask questions about how the surgery will be performed, the recovery time, and possible complications so they make the best decision for their situation.