

Having a Myomectomy? LAAM Might Be Your Best Minimally Invasive Surgical Option

A surgical procedure that is most often suggested to women of childbearing age who would like to get pregnant in the future is a myomectomy. This technique removes fibroids while leaving the uterus intact and helps preserve or improve the woman's fertility.

If you are considering myomectomy surgery, then you likely have been suffering from one or more of the following fibroid-related symptoms:

- Heavy, prolonged, or painful menstrual periods with or without clotting
- Pelvic pressure and pain, distended and bloated abdomen
- Moderate to severe menstrual cramps
- Pain during sex and loss of libido
- Weak bladder control, frequency in urination due to bladder pressure
- Inexplicable weight gain
- An enlarged uterus
- Anemia (low blood count) that can lead to a lack of energy and fatigue
- Lower back pain and pain in the back of the legs
- Constipation
- Infertility

Women who are offered a myomectomy as a treatment option by their Ob/Gyn are often instructed to have an open myomectomy procedure. Open myomectomy is an effective fibroid removal procedure, but it requires larger incisions and can cause more complications and longer recovery times than newer, minimally invasive myomectomy surgery techniques.

One of the most advanced minimally invasive myomectomy procedures is **LAAM® (Laparoscopically Assisted Abdominal Myomectomy)**.

LAAM® uses the best elements of both laparoscopic and open approaches for fibroid removal.

During this procedure the surgeon makes two incisions: one 1.5 to 2 inches long at the bikini line and another half inch incision at the belly button. Sometimes one or two additional incisions are made to help the surgeon better visualize and access parts of the pelvis to successfully complete the procedure.

Unlike laparoscopic or robotic myomectomies, LAAM procedure can remove uterine fibroids of almost any size, whether it is tiny or very large.

LAAM Procedure: Fibroid Size

FIBROID SIZE	LAAM	LAPAROSCOPIC	ROBOTIC
Less than 10 cm	✓	Limited	✓
10-15cm	✓	X	X
Greater than 15cm	✓	X	X

LAAM procedure has yet another advantage over laparoscopic or robotic myomectomy: it can remove multiple fibroids of all types, regardless of its location in the uterus. Other procedures can be very effective on just one or two types of fibroids.

LAAM Procedure: Fibroid Location

FIBROID SIZE	LAAM	LAPAROSCOPIC	ROBOTIC
Intracavitary	✓	X	X
Intramural	✓	Limited	Limited
Subserosal	✓	✓	✓
Pedunculated	✓	✓	✓

The LAAM procedure is minimally invasive, allowing patients to leave the surgical facility the day of the operation (or after just one overnight stay at the hospital), and provides for a recovery time of an average of just 2 to 4 weeks.

LAAM Procedure Other Stats:

	LAAM PROCEDURE	LAPAROSCOPIC MYOMECTOMY	ROBOTIC MYOMECTOMY	OPEN MYOMECTOMY
LENGTH OF PROCEDURE	1 – 1.5 hours	Up to 2 hours	Up to 4 hours	Up to 5 hours
HOSPITAL STAY	0 – 1 Days	1 Day	1 Day	Up to 3 Days
RECOVERY TIME	2 – 4 Weeks	Up to 3 Weeks	Up to 3 Weeks	Up to 8 Weeks
CONVERSION TO OPEN SURGERY	0.7%	22.9%	8.2%	N/A

Another very important factor why LAAM is a superior procedure is that the incidence of converting of this minimally invasive procedure to open surgery in the operating room is extremely low (0.7%). During laparoscopic or robotic myomectomies the surgeon sometimes discovers that the laparoscopic or robotic approach is not going to work and that he or she cannot reach and remove all the fibroids. In those cases the decision is made in the operating room to switch to an open myomectomy approach, which is very effective, but requires a much bigger incision, longer hospital stay, and much longer recovery. This almost never happens during LAAM procedures.

LAAM has been proven to be as thorough in its ability to remove fibroids and provide the strongest muscle closure as an open surgery, but allows for a much faster recovery, less pain, and fewer complications.

The Benefits of Laparoscopically Assisted Abdominal Myomectomy

- Removes both very large fibroids and very small fibroids
- Minimally invasive
- Higher fertility rate than other types of myomectomies
- Significantly less pain and fewer complications
- Lower risk of infection and blood loss
- Incision scars are small and fade over time
- A faster return to normal daily activities (2-4 weeks on average)

The doctors at Viva Eve are experts in every possible fibroid treatment (including LAAM) and will be happy to discuss all the medically sound options available. Our board-certified fibroid experts will work with you to choose the treatment path that's best for you and your unique circumstances. Whether you are looking into starting treatment with us, or are simply seeking a second opinion, we invite you to come in for a consultation. You will always be heard at Viva Eve.