



Mayo Clinic Minute: Minimally invasive hysterectomy

A hysterectomy can treat many gynecologic conditions, including fibroids, painful periods and cancer, such as [endometrial](#), [cervical](#), [ovarian](#) and uterine cancers.

[Dr. Megan Wasson](#), a gynecologic surgeon at Mayo Clinic, specializes in [minimally invasive surgery](#). She says the decision to undergo a hysterectomy is highly individualized, based on each patient's specific needs.

In many cases, a minimally invasive approach is an effective treatment. This type of surgery can help patients heal faster with less pain and a shorter recovery.

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"The vast majority of the time we are able to complete hysterectomy through a minimally invasive approach. The most minimally invasive is a vaginal hysterectomy, which does not require any incisions on the abdomen," she says.

Laparoscopic hysterectomy is another approach.

"We separate the uterus from all of the surrounding tissue, and then we remove it. And then we do still need to do a hysterectomy through a larger incision called a laparotomy, at times. Most commonly that's going to be in the setting of a cancer or if there are extremely large fibroids," says Dr. Wasson.

Dr. Wasson says treatment is not one-size-fits-all, and she encourages patients to ask their healthcare team questions.