The Ten-Step Vaginal Hysterectomy

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The vaginal route should always be considered whenever hysterectomy is indicated, due to quicker recovery, lack of abdominal scar and shorter hospital stay. With the years many ways to perform vaginal hysterectomy were described. Most of these different methods were based on individual experience and traditions.

All steps of six different methods in use were analysed. The number of surgical steps was between 14 and 22, but only 11 of them were common to all methods. Therefore it was concluded that these steps are the most essential ones. They were analysed, compared to possible alternatives. Steps that were not proved to be essential were omitted. As a result, only the non-replaceable steps remained.

The result is the “Ten-Step Vaginal Hysterectomy”, a concise and minimalistic approach. In order to avoid bias, it was compared to only one method, the time-honoured Heaney method, in a randomized prospective study. The “Ten-Step Vaginal Hysterectomy” proved to be shorter (34.1 vs. 52.3 minutes), and the need for painkillers reduced (29.6 vs. 48.7 hours). This operation does not require any high-tech equipment, and therefore is designed for any facility. After analysis, the modified operation was published, and is now in use in many countries.

The different steps will be described.

We recommend using a similar analytical way to every surgical procedure.

The standardization of surgical steps enables to compare results of different surgeons and institutions. All surgical procedures should be re-evaluated.