

Hysterectomy and Pain: Implications of the Inter-Relationship in Obstetrics and Gynecology

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Abstract

This letter to editor aimed at implying the inter-relationship between hysterectomy and pain in women towards practice, education and research in Obstetrics and Gynecology. Chronic pelvic pain could be due to endometriosis which is an indication for hysterectomy and was shown to have beneficial effects whereas certain risk factors such as presence of preoperative pelvic pain, previous cesarean section, other pain problems and pain as an indication for hysterectomy lead to chronic pain post-hysterectomy in women.

Keywords: Post-hysterectomy pain; Gynecological palliative care; Pain evaluation; Pelvic pain.

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Chronic Pelvic Pain

Chronic pelvic pain in women could be effectively treated with hysterectomy with

improvements in pain levels and functional activities with associated improvements in mental health, physical function, social function, and dyspareunia, but about 21-40% may continue to experience pain, 14% may have worsening of symptoms and 26% may have a slower recovery than expected.[1]

Differentiating cyclic pain from other forms of non-cyclic pain is important in identifying the condition, and Hysterectomy was a successful approach for treating chronic nonspecified pelvic pain associated with endometriosis.[2]

Post-Hysterectomy Pain

Epidemiology and Risk Factors

17-32% of women undergoing hysterectomy reported chronic postoperative pain, which was associated positively with presence of preoperative pelvic pain, previous cesarean section, other pain problems and pain as an indication for hysterectomy, and negatively with spinal anesthesia.[3,4,5] Outpatient laparoscopically assisted vaginal hysterectomy and total laparoscopic hysterectomy did not differ on their postoperative pain levels.[6] Accurate identification and appropriate evaluation would delineate the clinical causes and differential diagnoses such as sacral osteomyelitis.[7]

Chronic pelvic pain could be due to endometriosis which is an indication for hysterectomy and was shown to have

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