

# POLYPECTOMY, MYOMECTOMY AND RPOC RESECTION IN THE OFFICE SETTING

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## Introduction

In the last years, the innovative hysteroscopic tissue removal system (HTRs) based on mechanical removal of intrauterine lesion allows optimization of the office setting. The procedure under local paracervical anesthesia has been related to high satisfaction of patients and shorter procedure time.

## Material and Methods

- Retrospective single center study
- Objectives: Evaluate effectiveness and patient acceptability of a small diameter HTRs in the resection of small submucosal fibroids, endometrial polyps and RPOC in an office setting.
- 117 women
- Hysteroscopic resection using HTRs: Truclear 5C and Myosure OMNI between July 2020 and January 2022.

## Results

Baseline characteristics		
Mean age	49,6 years old	
Hormonal status	Premenopausal	63% (74/117)
	Postmenopausal	37% (43/117)
Main symptom	Bleeding > infertility	

22 myomectomies		
Type	FIGO 0	68% (15/22)
	FIGO 1	18% (4/22)
	FIGO 2	14% (3/22)
Resection	Complete	77% (17/22)
	Incomplete	23% (5/22)
Mean pain score (VAS 1-10)		5
Mean size		17,91 ± 5,64 mm
Mean morcellation time		2,99 ± 1,53 min

9 RPOC resection		
Time after delivery	≥ 2 months in all cases	
Resection	Complete	78% (7/9)
	Parcial	22% (2/9)
Mean morcellation time		2,54 ± 2,02 min

86 polypectomies		
Size	≥20 mm	50% (43/86)
	< 20 mm	50% (43/86)
Mean pain score (VAS 1-10)		5
Mean time to completion		2,11 ± 1,93 min

## Conclusions

- Hysteroscopic treatment of polyps, fibroids and RPOC with HTRs is **feasible and well tolerated in the office setting.**
- **A complete resection can be offered to patients** even in lesions >2cm
- **Outside the operating room.**
- Using **local paracervical anesthesia**
- **Shorter waiting list together with a faster recovery.**

