Introduction

With the modern medicine, equipments, awareness altogether with the consumer protection act the cesarean section is facing rising trend ranging from 20-30% deliveries in most of the centers. Now a days Gynecologist are getting most of the patients of hysterectomy who have undergone one, two or sometimes even three cesareans in the past. The problem arises due to post-surgical adhesion which makes the otherwise normal size uterus hysterectomy technically difficult vaginally, requiring either the abdominal or laparoscopic procedure. Previous cesarean section (CS) is a significant risk factor for urinary tract injury at hysterectomy (odds ratio 2.04; 95% CI 1.2-3.5). Incidental cystostomy at time of abdominal and vaginal hysterectomy was 0.76 & 1.3% respectively [1].

Mobilization of urinary bladder off the cervix is the 2nd important step after securing the cornual pedicles. In cases of scarred uterus adhesions are there not only between the bladder and uterus but also to the anterior abdominal wall which make the dissection challenging. To avoid complications lateral window technique is the safest option whether the vaginal or laparoscopic mode is chosen. This mini-review focus on surgical considerations to avoid bladder complications during hysterectomy in the scarred uterus cases.

During Vaginal Hysterectomy

Conventional procedure of vaginal hysterectomy describes emptying the bladder before surgery with catheter to avoid injury, but in cases of previously operated uterus it is preferable to keep the post void urine to be left in urinary bladder as it better delineates the boundaries and in case of inadvertent injury results in gush of urine for intra-operative identification. Urinary bladder extent ideally be noted by the bladder sulcus (the bladder reflection on the cervix) and should be confirmed by the bladder sound pushed through urethral meatus.

Submucosal fluid infiltration is recommended using 100ml saline (0.9%) or antibiotic solution with local anaesthetic (0.5-1% lignocaine) and 1:2,000 adrenaline or 2 units vasopressin injection, which reduces the blood loss by compressing and constricting the vessels keeping the surgical field clean for dissection purpose. Saline takes the path of least resistance and separates the planes, lyse filmy adhesions, pushes the bladder up, while anesthetic relaxes the pelvic floor further.

Traction and counter traction mechanism be used judiciously to achieve the exposure of vesico-cervical junction for the incision in vaginal approach. Surgeon pulls the cervix down toward himself with his left hand while the assistant...
pushes the anterior vaginal wall with bladder up and cephalad. Sharp dissection is preferred while dissecting between the two visera as it maintains surgical planes. Blunt dissection in case of previous scar has high chances of cystotomy. Keep the scissors tip towards the cervix while dissecting. In cases of nulliparous women and limited introital opening “Schuchardt’s incision” (gynaecological episiotomy) can be tried to improve exposure.

Surgical complication with vaginal hysterectomy in one or two previous cesareans do not differ in hands of experienced person with proper patient selection [2] and uterine scarring as sequel to cesarean is not a contraindication to vaginal hysterectomy [3]. Restricted mobility, cases with high up cervix which cannot be pulled even one centimeter on pulling with vulsellum, which in draws abdominal wall with highly suggestive of abdominal wall adhesions and should not be tried overzealously by the beginners [4].

For laparoscopy the 10mm central optical port three 5mm accessory ports are placed after creating pneumoperitoneum. Abdominal wall adhesions are found in midline and are tackled with cautery or harmonic dissection. Bladder when densely adherent to lower segment poses difficulty in pushing it down. Safe approach is Lateral Window Technique.

**Lateral window technique: can be used both for vaginal and laparoscopic approach to hysterectomy**

This space was first described by Dr. Shrish Sheth utilizing the utero-cervical broad ligament in post cesarean cases during vaginal hysterectomy. He described that the lateral area; the two leaves of broad ligament remains free and allows easy possibility for entry to dissect whether vaginally or abdominally. In vaginal hysterectomy cervix is pulled down and bladder cephalad by the assistant and instead of pushing the bladder up from the center using gauze covered thumb, sharp dissection using blunt curved Metzenbaum scissors is done from lateral to medial side keeping the tip of scissors near as well as towards the cervix. Bladder pillars are incised from lateral to medial side. 220 vaginal hysterectomy cervix is pulled down and bladder cephalad by the tip of scissors near as well as towards the cervix. Bladder when densely adherent to lower segment poses difficulty in pushing it down. Safe approach is Lateral Window Technique.

The lateral approach crates a window which allows a safe dissection. It is unlikely that the scar of the previous cesarean would extend laterally with thickness as in the medial portion. In few cases adhesions may be very dense then intraoperative distension of baldder with Methyline blue dye may help in identifying the borders. This helps in delineate the injury avoiding the need of cystoscopy [7].

**Conclusion**

Both Laparoscopic and Vaginal hysterectomy are safe and feasible procedures in patients with previous CS, where laparoscopy is associated with reduced blood loss and hospital stay, vaginal is associated with reduced surgery time without abdominal wound [8].

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