



CENTER FOR WOMEN'S CARE AND REPRODUCTIVE SURGERY

Gynecologic Endoscopic Surgery

Essure Permanent Sterilization

No Scalpels, No Anesthesia, No Hassle: Essure Permanent Sterilization A New In-Office GYN Procedure

Women seeking a hassle-free procedure for permanent sterilization that involves no anesthesia, no scalpel incisions and no additional expense of an outpatient surgery center now have a new option.

The Essure procedure, unlike tubal ligation (getting the 'tubes tied') and vasectomy, involves no incisions or anesthesia. There are no punctures, burning or tying. Although uncommon, complications with tubal ligation have been life threatening and even caused death.

Instead, Thomas L. Lyons, MD, of the Center for Women's Care & Reproductive Surgery in Atlanta uses a tiny hysteroscope to pass micro-inserts through the body's natural pathways (vagina, cervix, and uterus), and place them into the woman's fallopian tubes

"The Essure procedure is very exciting," said Dr. Lyons, for nearly two decades a global leader in offering minimally invasive GYN solutions to women. "Our first device was placed in six minutes and the patient was entirely comfortable and conversing during the length of the procedure."

"This is a fantastic advance for women's health care, for a woman to have a short office visit, an effective sterilization procedure and walk out a few minutes later. I am pleased to offer this as one of several office based procedures, which are very cost effective for the community and women's health care in general," said Dr. Lyons.

Dr. Lyons is recognized since 1989 for his development of the Laparoscopic Supracervical Hysterectomy, which leaves the cervix intact for better sexual function post-surgery.

How the Essure Procedure Works

During the first three months following the procedure, the woman's body and the micro-inserts work together to form a tissue barrier that prevents sperm from reaching the egg. During this period, patients need to use another form of birth control.

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After three months, the doctor performs a special type of x-ray test called an HSG to confirm that the tubes are completely blocked and the patient can rely on the Essure micro-inserts for birth control.

Benefits of Essure Procedure

Based on four years of follow-up, the Essure procedure is 99.8% effective.

The Essure procedure only takes about 35 minutes, although for Dr. Lyons, one of the foremost laparoscopic surgeons in the world, the time may be much less. Most women are on their way in an average of 45 minutes.

After an Essure procedure the ovaries continue to produce eggs, which are absorbed back into the body. Some women in the clinical studies reported temporary changes in their periods; however, very few women reported permanent changes. In addition, the Essure micro-inserts do not cause menopause, which means patients maintain their natural hormonal glow.

Unlike many temporary methods of birth control, the Essure micro-inserts do not contain or release hormones and are made with the same kind of safe materials that have been used in other medical devices (such as heart stents and valves) for many years.

The Essure procedure is covered by most health insurance plans.

Is Essure for You?

The Essure procedure can be the right choice of sterilization for women who are sure they don't want to have any children in the future. Often, it is ideal for women whose partners do not want to have a vasectomy and they're tired of waiting.

In addition the procedure works for those seeking permanent birth control to maintain spontaneity in their sexual relationship; who don't want to remember or take temporary methods of birth control; and who don't want incisions, which would mean recovery time taking days out of their busy schedules; or who don't want scars.

Women who want a birth control that doesn't contain hormones; and who are not candidates for traditional tubal ligations are good candidates for Essure. Women who have had endometrial ablation and should not risk pregnancy; or those who are concerned about the long-term effects of hormones on their bodies are good candidates for Essure. Those who are overweight or very thin, for whom surgery is a risk; or women who have a chronic disease or condition and should not risk anesthesia or surgery are good candidates as well.

One patient described her experience by saying, "The pain was nothing compared to pregnancy and childbirth, or compared to the failed surgery of the tubal ligation. It was actually less painful than the 'fitting and prep; for an IUD (which I had been fitted for at an earlier time). It was significantly more painful than a pap smear, but very brief and endurable."

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