

Innovative GYN (CIGC)

Content Optimization

First Draft | September 7, 2023

Resources

- [CDS](#)
- [Octopus](#)
- [Meta/Link Updates](#)
- [Sitemap Overview](#)

Pages to Optimize

1. [Home](#)
2. [Pelvic Pain](#)
3. [Travel Program](#)
4. [Locations - Office Locations](#)
5. [Hysterectomy Recovery](#)
6. [Myomectomy - Procedure](#)
7. [Is Endometriosis Painful?](#)
8. [What Is An ASC?](#)
9. [Myomectomy Surgery and Recovery](#)
10. [Endometriosis Excision](#)
11. [Patient Information](#)
12. [Who We Are](#)
13. [Testimonials](#)
14. [Blog](#)
15. [Contact](#)

General Notes on this Draft:

- SEO keywords are highlighted in yellow.
- Branded keywords are highlighted in green.

Home Page

Target Keywords: center for innovative gyn care, the center for innovative gyn care, cigc, innovative gyn, innovative gyn care, center for innovative gyn

Empowering Women with Minimally Invasive GYN Care.

[Why CIGC?](#)[Patient Portal](#)[Locations Near You](#)

Reimagine Your GYN Care

Welcome to **The Center for Innovative GYN Care®** (CIGC®)—an advanced laparoscopic surgical practice and a worldwide destination for women suffering from complex gynecology conditions.

If you've had ineffective treatments before or experienced open surgery, you know that recovery is long and painful.

Discover the **CIGC** Difference.

Our **center for innovative GYN care** offers life-changing laparoscopic techniques developed by our doctors. We are committed to helping women experience compassionate care and faster recovery—so you can focus on getting back your time and improving your GYN health.

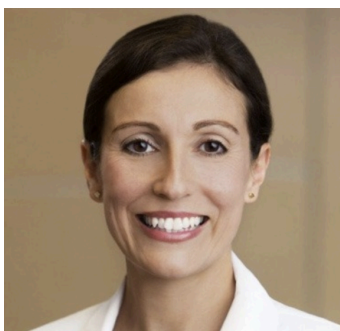
[Schedule an Appointment](#)

Meet Our Doctors

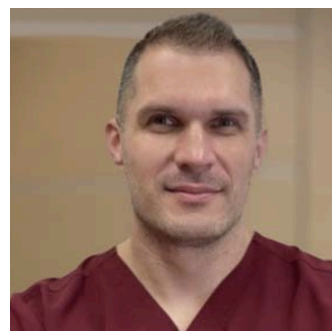
Our award-winning surgical specialists have dedicated their careers to improving patient outcomes for women everywhere.



Dr. Paul J. MacKoul, MD
Search
GYN Surgeon



Natalya Danilyants, MD
Search
Laparoscopic GYN
Surgeon



Peter Balazs, MD,
FACOG
Search
OBGYN

Conditions

From fibroids to endometriosis to ovarian cysts, experience relief from pain as quickly and efficiently as possible.

Fibroids	Endometriosis	Adenomyosis	Ovarian Cysts & Pelvic Masses
Abnormal Bleeding	Infertility	Menopause & Hormone Therapy	Cervical Dysplasia
Interstitial Cystitis	Pelvic Pain		

Procedures

CIGC is dedicated to providing women with advanced laparoscopic surgical care in an outpatient environment to optimize results and recovery.

Hysterectomy	Myomectomy	Endometriosis Excision	Ovarian Cystectomy	Resection of Pelvic Adhesions	Hysteroscopy
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Techniques

Our doctors are world-renowned experts in advanced laparoscopic techniques to treat a wide variety of complex GYN conditions.

Advanced Techniques	LAAM
DualPortGYN	Vaginal Access Procedures



Innovative GYN Care That Puts You First

	<p>We proudly offer convenient office and surgical locations across the country. Our office locations are open Monday through Friday from 8:00am–4:00pm.</p> <p>Traveling out of state? We offer traveling programs that help you get the surgery you need.</p> <p>Office Locations Travel Program</p>
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[Schedule an Appointment](#)

Resources

Knowledge Center	FAQs	Success Stories	New Patient Information
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Pelvic Pain Page

Target Keywords: pelvic pain, pelvic pain in women, pelvic pain during pregnancy, pelvic pain symptoms, left side pelvic pain, right side pelvic pain, lower pelvic pain

Break Free from Pelvic Pain

[Schedule a Consultation](#) | [Why CIGC](#)

Live Life Pain Free

Pelvic pain is a debilitating condition often ignored or undiagnosed by OBGYN and health care providers. Most pelvic pain is the result of misdiagnosed GYN conditions, such as endometriosis and adenomyosis.

At The Center for Innovative GYN Care® (CIGC®), we believe that every woman should have the freedom to live a pain-free life without the stress, anxiety, and lifestyle disruption of chronic pelvic pain.

If you're ready to avoid repeated imaging studies, unnecessary tests, and other inconveniences that delay care and symptom relief, CIGC can help.

Pelvic Pain Symptoms

Pelvic pain in women is characterized by sharp or dull pain or discomfort in the lower abdomen or pelvis area. It can be constant or intermittent and range from mild to severe.

Pain can sometimes radiate to the lower back, buttocks, or thighs.

What Causes Pelvic Pain?

Pelvic pain is often “multifactorial,” meaning it can develop from many causes, including certain GYN conditions. Therefore, it's not uncommon for your regular OB GYN to overlook the root cause of your chronic pain.

The following conditions and symptoms may have caused you to experience pelvic pain.

Endometriosis

Endometriosis occurs when the lining of the uterus that sheds and causes bleeding during your menstrual cycle is present outside the uterus: Endometri (endometrial lining) osis (outside).

The lining “implants” or grows on the peritoneal lining—which is a thin lining that covers all organs. Since the peritoneal lining has an excellent nerve supply, implants of endometriosis on the lining bleed into the lining and irritate it, causing severe pain.

> [Discover Symptoms, Diagnosis, and Treatment](#)

Adenomyosis

Adenomyosis is the lining of the uterus growing into the muscle of the uterus. The lining bleeds into the muscle, causing severe symptoms. This condition is NOT detected by ultrasound, and the diagnosis is made through “clinical suspicion.”

Adenomyosis is usually not diagnosed by your OBGYN.

> [Discover Symptoms, Diagnosis, and Treatment](#)

Fibroids

Fibroids are smooth muscle growths in the uterus that can become a source of pain. They are best diagnosed with ultrasound—an inexpensive and sensitive test to evaluate the number and location of fibroids.

> [Discover Symptoms, Diagnosis, and Treatment](#)

Adhesions

Patients with prior surgical procedures can have high rates of adhesion formation, which will cause pain due to organs “sticking” to each other.

Adhesions between organs cause pain, which can only be relieved with laparoscopic lysis of adhesions (i.e., the removal of adhesions or scar tissue between organs).

Interstitial Cystitis

Interstitial cystitis is a bladder condition that can cause pelvic pain. The cause of interstitial cystitis—or IC—is unknown but thought to be due to a “denudation of the bladder lining,” also known as a loss of the lining causing pain.

IC is common and should be assessed in any patient with endometriosis since the incidence of

<p>endometriosis and IC can coexist in up to 80% of patients.</p> <p>> Discover Symptoms, Diagnosis, and Treatment</p>	
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	<p>Irritable Bowel Syndrome (IBS) IBS is an uncommon cause of pelvic pain. Yet, too often, OBGYNs and health care providers give patients this diagnosis without justification.</p> <p>IBS should never be a “wastebasket” category for pelvic pain made by any practitioner. Should you be diagnosed with IBS as a root cause of your pain, request a consultation with CIGC for more information and a second opinion diagnosis.</p> <p>> Schedule a Consultation</p>
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Get Back To Your Life—Pain-Free

Delay in care often occurs in patients with **pelvic pain** and can cause prolonged and progressive pain, psychological stress, and advanced disease that can further increase pain and cause infertility.

If you are experiencing **pelvic pain**, schedule a consultation with one of our specialists, who can provide a thorough evaluation, accurate diagnosis, and targeted treatment for the underlying cause of your discomfort.

> [Find Relief Today](#)

<p>Our Centers</p> <p>We proudly offer convenient office and surgical locations across the</p>	<p>IMAGE</p>
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country. Our office locations are open Monday through Friday from 8:00am–4:00pm.

Traveling out of state? We offer traveling programs that help you get the surgery you need.

[Office Locations](#) | [Travel Program](#)

Resources

Knowledge Center	FAQs	Success Stories	New Patient Information
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Travel Program page

Target Keywords: traveling for surgery, healthcare journey

The Center For Innovative GYN Care Travel Program

The Center for Innovative GYN Care (CIGC®) has seen a considerable increase in patients interested in traveling for surgery. Since every patient is unique, we have instituted an expanded After-Surgery Care Program that is required for all CIGC Travel Patients.

Our After-Surgery Care Program is intended to facilitate each patient's smooth transition back home.

Travel Patient Requirements & Guidelines:

1. Each patient has 48 hours after booking their surgery to cancel. After 48 hours, the cancellation fee is \$2,000.
2. All travel patients must arrive the day before surgery and stay in town for 3 days following surgery (at least 4 nights/5 days).
3. All travelers should choose from the hotels listed below. If you wish to select another hotel, please let scheduling know before booking so we can ensure it is within an acceptable distance of the surgery center.
 - a. Please send your hotel reservation confirmation to the surgical schedulers no later than 1 week before your scheduled procedure. We reserve the right to cancel your surgery if we do not receive your reservation confirmation within this timeframe.
4. The main office will call you to schedule your post-op phone call for 2 weeks after your procedure. If you miss our call, please [call us back](#) at your earliest convenience.

5. Your operative and pathology reports will be available in the [patient portal](#) once you've completed your 2-week follow-up phone call with your surgeon.
6. All patients must come with a companion. Patients will not be able to care for themselves for the first few days. Patients may arrange an optional nursing service to escort them to and from surgery.
7. In any emergency, you should call 911 (or the equivalent emergency service line for patients traveling from out of the country) and do not hesitate to go to a nearby emergency room.

Planning Your Travel

Most **CIGC** travel patients will have surgery performed in Secaucus, N.J. Therefore, patients **traveling for surgery** should plan to stay at one of the approved local hotels below.

Hotels Accommodations

Hampton Inn Carlstadt-At Meadowlands 304 Paterson Plank Road, Carlstadt, New Jersey 07072 Click here and select the desired reservation dates.	Hilton Meadowlands Meadowlands Plaza East Rutherford, NJ 07073/#202-896-0500 Click here and select the desired reservation dates.	Courtyard by Marriott Secaucus Meadowlands 455 Harmon Meadow Blvd, Secaucus, NJ 07094/ #201-617-8888 Click here and select the desired reservation dates.
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Airport Information

The closest airport is [Newark Liberty International Airport](#).

Car Service Information

If required, car service or taxi information will be provided.

It's important to know that costs for travel are not part of the surgery cost. Patients and their traveling companions are responsible for all travel costs.

Locations - Office Locations Page**Target Keywords:** innovative gyn care

Our **Innovative GYN Care** Locations

[Schedule a Consultation](#) | [Why CIGC](#)

At the **Center for Innovative GYN Care® (CIGC®)**, our primary focus is offering safe, minimally invasive solutions to women suffering from complex GYN conditions.

We have multiple GYN office locations across the country, ensuring that our skilled expertise and advanced techniques are accessible to you regardless of where you live.

Our Office Locations

**New York, New York**

352 7th Avenue, #1202
New York, NY 10001

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

Rockville, Maryland

3206 Tower Oaks Boulevard, #200
Rockville, MD 20852

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

**Reston, Virginia**

1860 Town Center Drive, #255
Reston, VA 20190

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

Montclair, New Jersey

325 Claremont Avenue, Unit 1
Montclair, NJ 07042

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

**Our Surgical Locations****Rockville, Maryland**

3206 Tower Oaks Boulevard, #200
Rockville, MD 20852

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

**CMS – Secaucus, NJ**

210 Meadowlands Pkwy
Ste 5
Secaucus, NJ 07094

Hours of Operation:

Monday–Friday
8AM–4PM

[SCHEDULE A CONSULTATION](#)

IMAGE	<p>The CIGC Travel Program</p> <p>If you are traveling to CIGC from out of town, our Patient Relations Coordinators (PRCs) and Surgical Schedulers will walk you through each step to ensure you are prepared for your arrival.</p> <p>Whether you are coming from across the country or from the other side of the globe, we will do everything we can to assist you in preparing for your procedure.</p> <p>> Learn more</p>
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Have Questions?

Please [contact us](#) directly for questions about finding a center near you!

Hysterectomy Page

Target Keywords: hysterectomy recovery, recovery from hysterectomy, recovery time for hysterectomy, hysterectomy recovery time, hysterectomy recovery timeline

Hysterectomy Recovery: Why All Procedures Are Not Created Equal

Too often, women are only given the option of an open [hysterectomy](#) for conditions like large [fibroids](#) or an enlarged uterus. Surgical techniques have evolved in the last decade, but the number of women still having open hysterectomy procedures across the United States is unnecessarily staggering.

Robotic Procedures: What You Need to Know

[Robotic](#) procedures are becoming more common as hospitals invest nearly \$2 million in the machine. While the robot allows surgeons not necessarily trained in laparoscopic procedures to perform more minimally invasive surgery, tools cannot replace skill.

There is no added benefit to the patient, and the surgery can cost, on average, up to **\$2,000 more** than other laparoscopic options and, in some cases, [much higher](#).

Hysterectomy Recovery Timeline for Open and Robotic Procedures

Open and robotic hysterectomy procedures are not in the patient's best interest.

Open procedures, for example, involve:

- More painful incisions
- Inpatient stays at a hospital for up to a week
- Longer recovery times of up to 2 months

Similarly, Robotic procedures involve:

- Up to 5 incisions in a rainbow pattern across the abdomen
- Longer surgery time—up to 4 hours
- Longer [hysterectomy recovery time](#)—up to one month

The DualPortGYN Advantage

DID YOU KNOW that advanced minimally invasive hysterectomy procedures for these complex GYN conditions are available?

Discover [DualPortGYN](#)—a groundbreaking, minimally invasive GYN surgical technique developed by the our **CIGC** doctors.

DualPortGYN makes it possible to perform hysterectomies using only 2 tiny incisions—no bigger than a paper cut.

DualPortGYN Procedures and Recovery

DualPortGYN hysterectomy procedures have better outcomes for patients overall.

Let's review its top benefits:

- Incisions are placed cosmetically at the belly button and the bikini line so that they are virtually invisible once the scars are healed.
- Surgery is performed in an outpatient setting.
- Patients return home the same day.
- **Hysterectomy recovery** for most **CIGC** patients is 1 week to 10 days.

Additionally, the majority of CIGC patients experience much less pain than women recovering from open or robotic procedures.

The Emotional Side of A Hysterectomy

A hysterectomy for a benign condition is a very personal decision with emotional consequences. Therefore, it should be a decision made by the patient once all the facts are laid out in front of her. A patient should never feel pressured to choose one procedure over another.

Weighing the pros and cons can take time, as there are long-held beliefs about what will happen after removing your uterus.

While many of these are myths, they can create fear and confusion, making the decision even harder. A surgeon must listen closely to a patient's concerns and explain what happens, what organs are being removed, and how hormones will be affected.

For example, many women are unaware that the ovaries produce the hormones associated with menopause. If left intact, the patient should not experience early menopause and the symptoms of menopause after surgery.

Each woman has her relationship with her body, and doctors must respect their patients and this critical decision.

Common Myths & Facts about Hysterectomies

- [Hysterectomy Myths & Facts: The Procedure](#)
- [Hysterectomy Myths & Facts: Changes to My Body](#)
- [Sex After A Hysterectomy](#)
- [GYN Surgery Gap Hampers Women's Decisions](#)

Schedule a Consultation

Each patient we have the privilege of serving will receive detailed, in-depth attention from Dr. Natalya Danilyants and Dr. Paul MacKoul. Their renowned personalized care will help you understand your condition and the recommended treatment so that you feel confident from the beginning.

Our surgeons have performed over 20,000 GYN procedures and are constantly finding better ways to improve patient outcomes.

> [Schedule a Consultation](#)

	<p>CIGC Travel Program</p> <p>If you are traveling to CIGC from out of the state or country, our Patient Relations Coordinators (PRCs) and Surgical Schedulers will walk you through each step to ensure you are prepared for your arrival.</p> <p>> Learn More</p>
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Myomectomy - Procedure Page

Target Keywords: myomectomy, myomectomy surgery, myomectomy procedure, types of myomectomy

Myomectomy Surgery

[Schedule a Consultation](#) | [Why CIGC](#)

A myomectomy is a surgical procedure to remove uterine fibroids while leaving the uterus intact. The uterus is preserved, allowing patients to retain their fertility options.

A myomectomy is the preferred fibroid removal option for women who wish to bear children in the future.

Myomectomy Procedure

A myomectomy procedure can be performed using multiple techniques.

Types of myomectomies include:

Open myomectomy	Standard laparoscopic myomectomy	Robotic myomectomy	Hysteroscopic myomectomy	CIGC's LAAM® Technique
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While the surgical specialists at CIGC only perform the LAAM procedure, it's crucial to follow preoperative and postoperative instructions with any procedure performed.

Your surgeon will give you the information you need so you know what to expect before, during, and after your procedure.

Your Journey with CIGC

Meet with a CIGC specialist for a	Work with your CIGC specialist to plan your	Undergo minimally invasive surgery that
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consultation to diagnose your condition.	treatment and schedule your LAAM® technique.	effectively removes the GYN issue and leads to faster recovery.
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Recovery & Side Effects

<p>Recovery after myomectomy surgery will vary from patient to patient, but common side effects may include:</p> <ul style="list-style-type: none"> • Bruising • Bleeding • Swelling • Urinary retention • Pain • Nausea • Diarrhea • Constipation <p>After undergoing an LAAM procedure, most patients have an average recovery time of 10-14 days.</p>	<p>Like all surgeries, a myomectomy procedure comes with potential risks and complications.</p> <p>Some of these include:</p> <ul style="list-style-type: none"> • Excessive blood loss • Scarring • Infection <p>These are typically rare, and there are ways to help prevent and treat complications if they occur.</p>
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TESTIMONIAL HERE

Myomectomy FAQs

Do I need a **Myomectomy procedure**?

For women planning to start their fertility journey, the presence of uterine fibroids can lead to trouble conceiving, a higher risk of miscarriage, and the potential for serious complications during pregnancy.

Therefore, undergoing a myomectomy may help prevent these complications.

Am I a candidate for LAAM?

A LAAM myomectomy is for fertility. Myomectomy, or fibroid removal surgery, is generally a more invasive procedure than a hysterectomy and is not recommended for women who can no longer have children.

This includes women no longer interested in childbearing, women who cannot become pregnant, or women who are menopausal. A hysterectomy eliminates incisions requiring muscle healing, and the pain is generally much less.

Why do LAAM myomectomy patients have exceptional results?

The CIGC myomectomy surgeons only perform minimally invasive procedures. Our advanced-trained GYN specialists have committed to surgery with the most modern techniques.

Even the most complex GYN surgeries at CIGC are performed with exceptional outcomes. Two techniques that make our LAAM procedure so effective are retroperitoneal (RP) dissection and uterine artery occlusion (UAO).

A research study published in the Journal of Minimally Invasive Gynecology compared the LAAM procedure to other myomectomy procedures and showed clear advantages. This data was based on 1380 patients who underwent fibroid removal surgery via open, robotic, laparoscopic, or the LAAM approach. Here are the results:

What is the difference between a Myomectomy vs. Hysterectomy?

When trying to find an effective treatment for fibroids, the two main surgical procedures most patients must decide between are a myomectomy and a hysterectomy.

A myomectomy is usually the preferred choice for patients not finished with and still interested in childbearing. However, fibroids can return if the uterus remains intact. A hysterectomy is considered a more permanent fibroid treatment for patients who are done with childbearing or not interested in retaining their fertility.

	<p>Meet Our Myomectomy Specialists</p> <p>After performing more than 25,000 GYN surgeries, CIGC's myomectomy specialists are proven experts.</p> <p>All CIGC surgeries are performed minimally invasively at select ambulatory surgery centers so patients can go home the same day to start their recovery.</p> <p>> Who We Are</p>
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Ready for a Consultation?

Considering a myomectomy for fibroid treatment? Trust our specialists to evaluate your symptoms and condition and recommend an appropriate solution.

<p>Our Centers</p> <p>We proudly offer convenient office and surgical locations across the country. Our office locations are open Monday through Friday from 8:00am–4:00pm.</p> <p>Traveling out of state? We offer traveling programs that help you get the surgery you need.</p> <p>Office Locations Travel Program</p>	<p>IMAGE</p>
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Resources

Knowledge Center	FAQs	Success Stories	New Patient Information
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Is Endo Painful Page

Target Keywords: nerve pain endometriosis, endometriosis leg pain, endo metrosis back pain, can endo metrosis cause back pain, endometriosis hip pain

Is Endometriosis Painful? Understanding the Types of Endo Pain

One of the hallmark symptoms of endometriosis is pain. Whether it occurs only during a menstrual period or is more constant throughout the month, endometriosis pain is more than just period cramping.

While endometriosis is a gynecological condition, you may feel pain in locations outside of the pelvis. For many people with endometriosis, severe pain can interfere with their ability to participate in regular events and activities, causing them to miss school or work frequently.

Experiencing that type of pain isn't normal.

Therefore, it needs be evaluated by an endometriosis specialist who understands how to recognize the condition's symptoms.

> [Schedule a Consultation](#)

Why Is Endometriosis Painful?

Endometriosis is a gynecological condition that occurs when cells typically found in the lining of the uterus grow and implant in areas outside the uterus.

Just as the uterine lining sheds and bleeds during a menstrual cycle, endometriosis lesions may also shed and bleed along with your cycle. However, because endometriosis is growing outside the uterus, the shedding tissue typically has no place to exit the body.

The trapped tissue can cause the following symptoms to occur:

- Inflammation
- Swelling

- Irritating nerve endings¹
- Severe pain

Endometriosis can also lead to the formation of adhesions, which are bands of scar tissue that can cause organs in the pelvis to adhere to each other. In some cases, adhesions may cause no symptoms, but in others, they can cause severe pain and discomfort in the organs that become stuck together.

Types of Endometriosis Pain

Depending on the location of endometriosis lesions, pain can occur in various areas—most commonly in and around the pelvis.

Endometriosis leg pain: Though rare, endometriosis can affect the sciatic nerve² in some cases, causing pain that radiates down the leg.

Endometriosis hip pain: Patients with leg pain from endometriosis may experience pain in one or both hips, also caused by endometriosis lesions on or around the sciatic nerve.

Endometriosis lower back pain: Caused by the sciatic nerve involvement, some patients with endometriosis may experience lower back pain.³

Lesions can spread to spine areas, causing localized pain that a chiropractor or orthopedic surgeon can't solve.

Endometriosis bowel pain: One of the most commonly affected organs in cases of endometriosis is the bowel.⁴ Lesions on the bowel can cause painful bowel movements, constipation, or diarrhea, symptoms that are often misdiagnosed as irritable bowel syndrome (IBS).

¹ Morotti M, Vincent K, Becker CM. Mechanisms of pain in endometriosis. *Eur J Obstet Gynecol Reprod Biol.* 2017;209:8-13. doi:10.1016/j.ejogrb.2016.07.497

² Saar TD, Pacquée S, Conrad DH, et al. Endometriosis Involving the Sciatic Nerve: A Case Report of Isolated Endometriosis of the Sciatic Nerve and Review of the Literature. *Gynecol Minim Invasive Ther.* 2018;7(2):81-85. doi:10.4103/GMIT.GMIT_24_18

³ Uppal J, Sobotka S, Jenkins AL 3rd. Cyclic Sciatica and Back Pain Responds to Treatment of Underlying Endometriosis: Case Illustration. *World Neurosurg.* 2017;97:760.e1-760.e3. doi:10.1016/j.wneu.2016.09.111

⁴ Nezhat C, Li A, Falik R, et al. Bowel endometriosis: diagnosis and management. *Am J Obstet Gynecol.* 2018;218(6):549-562. doi:10.1016/j.ajog.2017.09.023

Endometriosis pelvic pain: Pelvic pain is the symptom most associated with endometriosis and may occur only during menstrual periods or be present consistently throughout the month. Chronic pelvic pain can significantly impact patients' quality of life and mental health.⁵

Endometriosis pain during sex: One of the less talked about symptoms of endometriosis is pain during sex. Certain positions can sometimes cause sharp or stabbing pain⁶ if endometriosis lesions are present around the uterus, cervix, or bowel.

In addition to pain, endometriosis can cause other symptoms, including:

Bloating: Some patients with endometriosis may experience painful abdominal bloating, which often accompanies gastrointestinal issues.⁷ Patients may perceive abdominal bloating as weight gain.

Gastrointestinal issues: Endometriosis on or around the bowel can cause gastrointestinal problems that often mimic IBS, including diarrhea, constipation, and cramping.

Nausea: Endometriosis-related period cramps and pelvic pain can be so intense that they lead to nausea and vomiting.

Painful ovulation: In some cases, endometriosis can cause painful ovulation (the process that occurs when an ovary releases an egg), especially when lesions implant on one or both ovaries.

CIGC Understands Endometriosis Pain

Because pain and its different locations can indicate various conditions, general physicians often dismiss or misdiagnose endometriosis-related pain.

⁵ Facchin F, Barbara G, Saita E, et al. Impact of endometriosis on quality of life and mental health: pelvic pain makes the difference. *J Psychosom Obstet Gynaecol*. 2015;36(4):135-141. doi:10.3109/0167482X.2015.1074173

⁶ Wahl KJ, Imtiaz S, Lisonek M, et al. Dyspareunia in Their Own Words: A Qualitative Description of Endometriosis-Associated Sexual Pain. *Sex Med*. 2021;9(1):100274. doi:10.1016/j.esxm.2020.10.002

⁷ Luscombe GM, Markham R, Judio M, Grigoriu A, Fraser IS. Abdominal bloating: an under-recognized endometriosis symptom. *J Obstet Gynaecol Can*. 2009;31(12):1159-1171. doi:10.1016/s1701-2163(16)34377-8

But if pain and other symptoms tend to occur or grow more severe during your menses, an evaluation by a GYN specialist may provide more accurate answers.

CIGC surgical specialists are experts in diagnosing and treating gynecological causes of pain, like endometriosis.

- In milder cases, the condition can sometimes be temporarily managed with nonsurgical methods like acupuncture, pelvic floor physical therapy, or diet changes under the supervision of a nutritionist.
- In more severe cases, our endometriosis specialists have perfected their endometriosis excision procedure, which involves thoroughly removing all lesions, even those from harder-to-reach areas, through just two small incisions.

The most important factor in resolving endometriosis pain is working with a highly skilled specialist at CIGC who can give you a definitive diagnosis.

> [Schedule a Consultation](#)

What Is ASC Page

Target Keywords: what is an ambulatory surgery center

What Is an Ambulatory Surgery Center?

An ambulatory surgery center (ASC) is an outpatient health care facility providing surgical care and other procedures daily.

Unlike a conventional hospital requiring multiple overnight stays, these centers can provide a better experience when you need surgery.

Hospitals are no longer the only—or even the best—place to have outpatient elective surgery in the United States. Smaller, specialized ambulatory surgery centers (ASCs) offer a smart alternative.

ASC Then & Now

The first ambulatory surgery center opened 50 years ago in Phoenix, Arizona, when a pair of physicians wanted an outlet for more efficient and personalized care.

Today, the freestanding medical facilities have expanded their footprint across the medical industry. Now, more than 5,000 ASCs perform about 35% of all surgeries in the United States.⁸

Surgeons and Patients Benefit

ASCs are designed to maximize the efficiency of health care delivery. For example, at the ASCs used by **The Center for Innovative GYN Care**:

- Surgeons spend less time on administrative matters and more time on your care.
- Access to operating rooms is quick and easy.
- ORs turn over rapidly between surgeries.

These and other measures pay off in less waiting and a smoother experience. And, thanks to factors such as low overhead and no overnight stays, an ASC can pay off in significant savings on the overall cost of your bill, too.

⁸ MacKoul P, Danilyants N, Baxi R, van der Does L, Haworth L. Laparoscopic hysterectomy outcomes: hospital vs ambulatory surgery center. JSLS. 2019;23(1):e2018.00076. doi:10.4293/JSLS.2018.00076

ASCs Are Not “Hospital Lite”

ASCs are fully staffed for outpatient procedures. You'll receive care from the same team of health care professionals you would find at a hospital, from front-desk staff and surgical assistants to surgeons, nurses, and anesthesiologists.

Because fewer patients have surgery simultaneously, you receive more personalized care during each process step.

ASCs are also fully equipped with state-of-the-art medical equipment, surgery suites, and preoperative and post-operative areas.

Safety Is Paramount

Most ASCs are licensed and subject to rigorous, ongoing state and federal inspections. There are also oversight bodies, including the Accreditation Association for Ambulatory Health Care and the Joint Commission on Accreditation of Healthcare Organizations, that create and maintain standards of care to which ASCs must adhere.

The Future of ASCs

One of the biggest drivers of ambulatory surgery center growth is the need for new solutions and innovation to bring down the cost of healthcare in the United States.

Ambulatory surgery centers will continue to be out front in this regard, investing time and resources in technology for more efficient communication with patients and migrating more surgical procedures to the outpatient setting.

Stay connected to our [knowledge base](#) for more helpful resources.

Myomectomy Surgery and Recovery Page

Target Keywords: laparoscopic myomectomy recovery, fibroid removal surgery recovery time, fibroid surgery recovery time

Laparoscopic Myomectomy Recovery & What to Expect

Choosing an experienced [laparoscopic GYN surgeon](#), like a surgeon at [The Center for Innovative GYN Care](#), directly impacts your [laparoscopic myomectomy recovery](#).

A myomectomy is a fertility-sparing procedure to remove [fibroids](#) while leaving the uterus intact.

What Are Fibroids?

Fibroids are non-cancerous tumors that affect up to 80% of women by age 50. They affect African American women at higher rates, and often, the fibroids are larger, or there are a higher number of them.

The location of fibroids can affect fertility. Symptoms include:

- Abnormal bleeding
- Bloating
- Pelvic pain
- Pain with sex
- Pain going to the bathroom

When having a fibroid removal procedure, it is vital to choose a specialist who can remove all of the tumors—large and small. This can only be accomplished by touching the fibroids, which is impossible with standard laparoscopic or robotic procedures.



Can You Remove All Fibroids?

Thorough removal of the fibroids is possible for many patients. However, they can still return. The only cure for fibroids is a hysterectomy.

Once a patient recovers from a myomectomy, menstrual cycles should normalize, and there should be a noticeable difference in the pain level. After at least 3 months, women can pursue fertility options. The uterus needs to be completely healed before trying to conceive.

If the uterus is not completely healed or not completely repaired during the surgery, placental abruption can occur, creating a dangerous situation for the infant and mother.

My OBGYN Recommended a Hysterectomy. Is a Myomectomy Still An Option?

If a hysterectomy for fibroids is indicated, it is important to [get a second opinion](#).

Age and fertility are the most critical factors for these procedures. For some patients, laparoscopic myomectomy may still be an option.

The advanced minimally invasive techniques used at CIGC can remove very large fibroids via myomectomy if the patient is not past fertility. It is not recommended for women who are past fertility to undergo a myomectomy, as it is a more invasive procedure than a hysterectomy.

Therefore, your surgeon must have the skill and experience to protect the delicate organs in the pelvic cavity for your safety.

Why Can't My OB GYN or GP Perform My Laparoscopic Myomectomy?

The skills required to perform a [laparoscopic myomectomy](#) procedure are not practiced by generalists, including OBGYNs. An OB GYN practice is primarily focused on obstetrics.

Many of these procedures are performed as open surgeries, especially if the patient suffers from an enlarged uterus or large fibroids.

In 2016, the CIGC specialists performed over 2,000 laparoscopic GYN procedures. To understand the importance of experience with complex conditions, CIGC specialists have:

- Removed extremely large fibroids, including one that was 20lbs
- Performed extensive endometriosis excision with resection of pelvic adhesions that essentially freeze the pelvis
- Welcomed women to our practice [worldwide](#), including Jakarta, Indonesia

CIGC specializes in high-volume laparoscopic surgery for complex GYN conditions that may require open procedures with expert care.

How Long Does a Laparoscopic Myomectomy Procedure Take?

The average laparoscopic myomectomy procedure at CIGC is just over an hour. However, some procedures may take longer.

The advanced-trained CIGC specialists have developed techniques that ensure efficiency in every surgical procedure, including fibroid removal.

These techniques control for blood loss and map the pelvic cavity so that visibility is high and time can be spent removing and repairing.

How Long Will I Be in the Hospital Recovering?

All procedures performed by CIGC specialists are outpatient. That means patients go home from surgery the same day. There is no hospital stay, which means you can focus on your **laparoscopic myomectomy recovery** at home.

How Long Does **Laparoscopic Myomectomy Recovery Take?**

Fibroid removal with [LAAM®](#) is performed using just two small incisions that avoid the abdominal muscle, so the pain from surgery is significantly less than if it were performed as a standard laparoscopic or robotic procedure.

Most women are back to their normal activities within 10-14 days.

Ready for a Consultation?

Considering a laparoscopic myomectomy for fibroid removal? Trust our specialists to evaluate your symptoms and condition and recommend an appropriate solution.

> [Schedule a Consultation.](#)

Endometriosis Excision Recovery Page

Target Keywords: endometriosis surgery recovery, endometriosis excision recovery, endometriosis recovery time, excision of endometriosis

Endometriosis Excision & Recovery

[Schedule a Consultation](#) | [Why CIGC](#)

Endometriosis is a GYN condition that happens when tissue from the lining of the uterus—the endometrial lining—grows outside of the uterus to other organs in the pelvis and abdomen.

Symptoms of Endometriosis

Pain during and around the cycle is the number one complaint from patients with endometriosis, ranging from mild to incapacitating, making normal activities impossible.

Other symptoms include:

- Pain with intercourse
- Pelvic pressure and back pain
- Pain with bowel movements and urination
- Fatigue

Less common symptoms include:

- Constant pain
- Nausea
- Vomiting
- Diarrhea
- Pain with bowel movements and urination
- Heavy and irregular bleeding

Infertility is a very common result of Endometriosis and can be present in most patients with the disease.

[Schedule an Appointment](#)

Types of Endometriosis

There are three primary types of endometriosis that all start with growth on the peritoneal lining, and then “invade” or penetrate deeper into the lining with time.

<p>Superficial Peritoneal Lesions:</p> <p>These are thin, flat lesions that do not grow extensively into the lining and deeper.</p> <p>While these lesions are typically associated with mild cases of endometriosis, they can still be responsible for severe pain.</p>	<p>Ovarian Endometriomas (also known as Chocolate Cysts):</p> <p>Endometriomas are cysts that are commonly found on the ovaries and sometimes filled with brown fluid (chocolate cysts).</p> <p>Ovarian endometriomas are usually associated with more severe stages of endometriosis.</p>	<p>Deep Infiltrating Endometriosis (DIE):</p> <p>These lesions penetrate deep into the surface of the peritoneum, often causing severe pain.</p> <p>The presence of multiple deep implants indicates a later stage of endometriosis.</p>
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Causes of Endometriosis

While researchers are not sure what definitely causes endometriosis, they have identified several possible causes, including:

- **Genetic factors:** Endometriosis can often be inherited through genes.
- **Hormones:** Endometriosis is dependent on estrogen for growth. Researchers are studying whether endometriosis is the result of a problem with the female endocrine system.
- **Surgical scar implementation:** A surgeon may accidentally pick up and misplace tissue from the endometrium during surgery to the uterus or the abdominal area, such as a cesarean section (C-section) or [hysterectomy](#).
- **Retrograde menstruation:** Cells from the endometrium that are shed into the uterus during a period are carried backward through the tubes and into the pelvis, where they can implant.
- **Transport by circulation:** Endometrial cells are carried from the uterus to other areas of the body via the lymphatic system and blood vessels.

- **Embryonic cell growth:** Cells within the abdomen and pelvis turn into endometrial cells.
- **The immune system:** Problems with the immune system may lead to failure in detecting and destroying endometrial tissue outside of the uterus.
- **Induction of peritoneal cells:** Hormones cause peritoneal cells, which line the inside of your abdomen, to transform into cells that resemble endometrial cells.

Diagnosing Endometriosis

Endometriosis is a “surgically staged” disease, meaning that only surgery can determine the “extent” of the disease.

<p>Stage 1: Classified as minimal. In this stage, there are few superficial implants and no significant adhesions or scar tissue. It is still possible to have severe symptoms in this stage despite the light spread of the disease.</p>	<p>Stage 2: Classified as mild. In this stage, there can be both superficial and deeper implants—but still without any significant adhesions.</p>
<p>Stage 3: Classified as moderate. In this stage, there are multiple deep implants, small cysts on one or both ovaries and filmy adhesions. Adhesions are made up of scar tissue that causes organs to stick together. Adhesions can cause pain and nausea in some cases.</p>	<p>Stage 4: Classified as severe. In this stage, there are multiple implants, large cysts on one or both ovaries and dense adhesions. Patients in this stage are at the highest risk of infertility and other complications, so treatment should be considered urgent.</p>

Note that a stage does not mean more pain. For example, patients with stage 4 endometriosis may experience little or no symptoms, while patients with stage 1 endometriosis may be in severe pain.

[Schedule an Appointment](#)

Treating Endometriosis

The best way to properly diagnose and treat endometriosis is by working with a HyperSpecialist.

CIGC Hyper-Specialists are not OBGYNs. Instead, they are GYN Oncology trained specialists who use the powerful [DualportGYN](#) RetroPeritoneal Excision method for the surgical removal of endometriosis. The techniques and procedures used by CIGC provide the highest quality of care at the lowest possible cost.

Outcomes have shown the fastest **endometriosis excision recovery** and lowest complications.

Your Journey with CIGC

Meet with a CIGC specialist for a consultation to diagnose your condition.	Work with your CIGC specialist to plan your treatment and schedule your DualportGYN technique.	Undergo minimally invasive surgery that effectively removes the GYN issue and leads to faster recovery.
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TESTIMONIAL HERE

Endometriosis FAQ

How fast is **Endometriosis Excision recovery** with CIGC?

All patients undergoing excision of endometriosis, from those with minimal disease to those with extensive disease or requiring a hysterectomy, will go home the same day as surgery.

Endometriosis excision recovery times usually range between 3 to 5 days, with up to seven to 10 days required for more extensive surgery. In all cases, patients are able to walk the first day and are mobilizing easily on the second day.

Why is it essential that my endometriosis is removed by a specialist?

Although endometriosis is a relatively common condition, it is not easily diagnosed or treated. OBGYNs often delay the diagnosis with long-term medical therapy or by not performing excision surgery early in the disease process, allowing the disease to progress and cause increasing pain and infertility.

Access to a Hyper-Specialist, such as those at CIGC, ensures early diagnosis and treatment to control endometriosis in its early stages, which can help to preserve fertility options and control pain.

At CIGC, our focus is on performing the least invasive procedures to treat your condition based on your long-term plans, taking into account your desire for fertility.

Why shouldn't my OBGYN perform my endometriosis surgery?

Your OBGYN most likely concentrates more on obstetrics than surgery. Most OBGYNs do not have the training or surgical volume to learn and develop the best surgical techniques.

The result is either a delay in care in performing surgery or inadequate removal of all endometriosis implants at the time of surgery.

Surgical specialists, on the other hand, focus solely on surgery and have the additional training and skills required to perform better and safer surgery.

CIGC surgeons are Hyper-Specialists with GYN Oncology training—the highest level of training available for endometriosis.

	Meet Our Hyper-Specialists At CIGC, our Hyper-Specialists are committed to minimally invasive endometriosis excision, perform a higher volume of surgeries, see a broader range of case types, and undergo more comprehensive training.
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	<p>Our surgeons have expertise in advanced techniques and procedures and have learned to perform even the most complex GYN surgeries with low complication rates. The result is better outcomes with improved pain and fertility, all at a much lower cost.</p> <p>> Who We Are</p>
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Ready for a Consultation?

If you're experiencing symptoms of Endometriosis, trust our Hyper-specialists to evaluate your symptoms and condition and recommend an appropriate solution.

> [Schedule a Consultation](#)

<p>Our Centers</p> <p>We proudly offer convenient office and surgical locations across the country. Our office locations are open Monday through Friday from 8:00am–4:00pm.</p> <p>Traveling out of state? We offer traveling programs that help you get the surgery you need.</p> <p>Office Locations Travel Program</p>	<p>IMAGE</p>
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Resources

Knowledge Center	FAQs	Success Stories	New Patient Information
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Patient Information Page

Target Keywords: new patient forms, patient information form, new patient information form

Become a **CIGC** Patient Today

[Schedule a Consultation](#) | [Why CIGC](#)

At **The Center for Innovative GYN Care®**, we specialize in providing minimally invasive GYN procedures and techniques to support women worldwide. Our mission is to help you receive the care and treatment you need with as little disruption to your life as possible.

Using minimally invasive procedures and advanced techniques, **CIGC** patients can expect faster recovery times, less pain, and fewer complications.

Our highly trained and experienced specialists will take the time to explain each procedure to you and answer your questions. We want you to feel comfortable and confident in your decision.

If you are interested in learning more about our services, please don't hesitate to contact us. We are here to help you achieve optimal GYN health and wellness.

What to Expect

As a new patient, you will speak with our Patient Relations Coordinators to complete a **patient information form** and verify your insurance information. For specific insurance questions, call (877) 592-5595 and choose option 7.

What to Bring to Your Appointment

Please bring the following items with you:

- A form of identification

- Your insurance identification card(s)
- Preferred payment method

We accept Visa, MasterCard and personal checks printed with your name, address and phone number.

About Your Insurance

A photocopy will be placed in your billing file. If you are covered by more than one insurance company, please let us know which company is the primary carrier. This will help to avoid any delays in receiving benefits.

- If there is any change in your health coverage, please [contact](#) the office to update your records.
- Some insurance companies require you to obtain referrals or pre-authorization for office visits, hospital admissions, and treatment. Additionally, they may require you to use specific laboratories for test processing.
- It is your responsibility to obtain the initial referral and bring this with you on the day of your first visit. If you need assistance with your insurance requirements, our staff will make every effort to help you.
- Copayments/outstanding balances are expected at the time of your visit.

Insurance Plans We Accept

The medical professionals at CIGC are committed to providing our patients with extraordinary care that is still affordable.

As a result, we partner with many insurance plans as in-network providers and others as out-of-network providers. Our staff is trained to handle insurance claims on your behalf.

We help patients without health coverage and with high deductible plans to find a workable solution.

For additional questions, contact our patient relations department at 888.787.4379, and choose option 2.

Using the Patient Portal

You can submit medical and insurance information through the patient portal via [YourHealthFile](#). Once your appointment has been scheduled, you will receive a confirmation email with registration instructions, including a patient portal username and password.

Please complete your registration via our patient portal prior to your appointment.

Have Questions?

Please [contact us](#) directly for questions about filing out your **patient information form**, or if you need help setting up your patient portal, please call 888-787-4379, press option 2.

Who We Are Page

Meet Our World-Renowned GYN Specialists

[Schedule a Consultation](#) | [Why CIGC](#)

In 2001, laparoscopic surgical specialists Paul MacKoul, MD, and Natalya Danilyants created **The Center for Innovative GYN Care®** (CIGC®) to offer women a personalized, minimally-invasive approach to treat complex GYN conditions.

Today, we continue this mission by providing women with advanced surgical solutions that minimize pain, complications, and recovery time.

What We Believe

You deserve to be truly heard, and your symptoms should be taken seriously.	Pain is not normal, and you should not have to endure it any longer.	The “watch and wait” approach is not always appropriate and could worsen symptoms and cause additional suffering	All patients, regardless of race or sexual and gender identity, deserve the same access to high-quality health care.	Surgical scars, pain and recovery time should be as minimal as possible.
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Our Mission

To help women take back control of their time and GYN health with advanced techniques that streamline recovery and reduce pain.

Conditions We Treat

Fibroids	Endometriosis	Adenomyosis	Ovarian Cysts & Pelvic Masses
Abnormal Bleeding	Infertility	Menopause & Hormone Therapy	Cervical Dysplasia
Interstitial Cystitis	Pelvic Pain		

Procedures We Perform

Hysterectomy	Myomectomy	Endometriosis Excision	Ovarian Cystectomy	Resection of Pelvic Adhesions	Hysteroscopy
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Our Advanced Techniques

Our center's advanced laparoscopic surgical techniques, developed by CIGC's skilled doctors, offer women the best treatment experience. Our specialists are among the few surgeons routinely using these methods.

DualPortGYN®	LAAM®	Vaginal Access Procedures	Advanced Techniques
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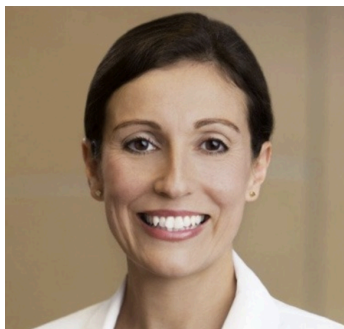
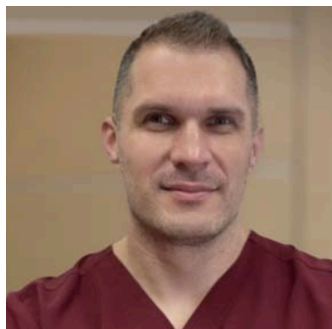
Why Choose Innovative GYN Care?

- Procedures only take about an hour.
- Surgeons make just two to three small incisions.
- Scars are ¼ inch long.
- Pain is minimal.
- Recovery takes only about a week.
- Complication rates are the lowest of all surgical methods.

> [Experience the Difference](#)

Our Doctors

Our GYN specialists are world-renowned for their leadership and expertise in the diagnosis and management of complex GYN conditions.

 <p>Dr. Paul J. MacKoul, MD</p>	 <p>Natalya Danilyants, MD</p>	 <p>Peter Balazs, MD, FACOG</p>
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Search GYN Surgeon	Search Laparoscopic GYN Surgeon	Search OBGYN
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<p>Our Centers</p> <p>We proudly offer convenient office and surgical locations across the country. Our office locations are open Monday through Friday from 8:00am–4:00pm.</p> <p>Traveling out of state? We offer traveling programs that help you get the surgery you need.</p> <p>Office Locations Travel Program</p>	IMAGE
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IMAGE	<p>Join Our Team</p> <p>At CIGC, our high patient satisfaction begins with our dedicated, mission-driven team. Browse open positions!</p> <p>> Apply Today</p>
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Resources

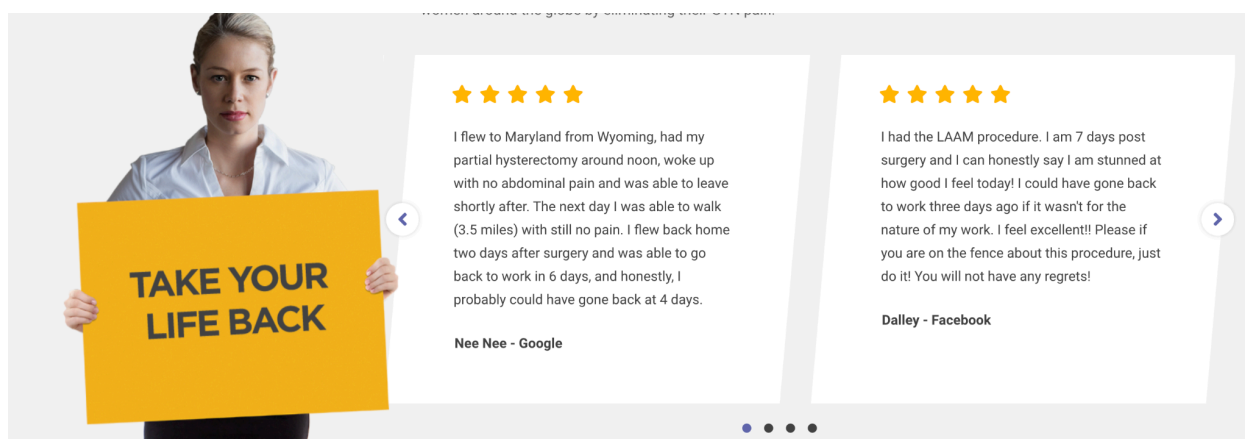
Knowledge Center	FAQs	Success Stories	New Patient Information
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Testimonials Page

Hear From Our **CIGC** Patients

The Center for Innovative GYN Care® (CIGC®) is dedicated to helping women suffering from complex GYN conditions find relief with life-changing surgical techniques.

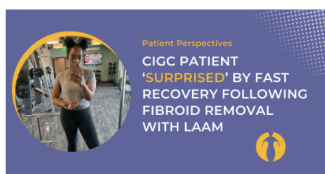
Explore our patient testimonials to learn how CIGC is improving the lives of women around the globe by eliminating their GYN pain and minimizing their recovery time.



Discover More Patient Stories

Join us as we celebrate the success stories of women who have conquered their GYN issues with CIGC's minimally invasive techniques.

We understand the challenges that women face when it comes to reproductive health and believe that by sharing these empowering testimonials, we can inspire and support others who may be going through similar experiences.



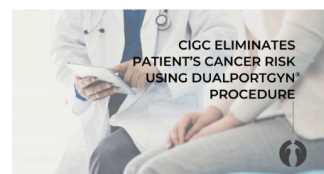
CIGC Patient 'Surprised' By Fast Recovery Following Fibroid Removal with LAAM

[Patient Testimonials](#), [GYN Surgery](#), [Fibroids](#)



Hysterectomy Patient Praises Quality of Care from CIGC Nurses

[Patient Testimonials](#), [Hysterectomy](#)



CIGC Eliminates Patient's Cancer Risk Using DualPortGYN Procedure

[Patient Testimonials](#), [Hysterectomy](#)

[MORE STORIES](#)

Watch Our Patient Stories

From overcoming infertility to navigating the complexities of Endometriosis removal, watch how women from all over the world faced these challenges head-on with the support and care of our **CIGC** specialists.



Chilli Amar Had A DualPortGYN Hysterectomy at CIGC with Dr. Paul MacKoul, MD

[Patient Testimonials](#)



Beth's Story | Successful DualPortGYN Endometriosis Removal

[Patient Testimonials](#)



Emily's Story | Minimally Invasive Endometriosis Removal at CIGC

[Patient Testimonials](#)

Resources

Knowledge Center	FAQs	Press	New Patient Information
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Blog Page**Target Keywords:** women's health blog

Your Resource For GYN Health

Welcome to the **CIGC women's health blog**, where you'll uncover a vast knowledge base of resources, studies, and success stories from women who found relief from their complex GYN issues.

We recognize that navigating these challenges can be overwhelming and isolating, so we have created a safe space for women to come together, share their experiences, and access resources that can aid them on their journeys.

Article	Article	Article
Article	Article	Article
Article	Article	Article

About Our **Women's Health Blog**

Whether you are dealing with endometriosis, fibroids, or another complex GYN condition, we're here to support you. We offer a range of resources, including articles, [videos](#), and [testimonials](#).

If you are struggling with a complex GYN issue, you are not alone. We are here to support you every step of the way. Browse our resources and join our growing community today.

Contact Page























Feel Better. Recover Faster.

We're here to help you.

At The Center for Innovative GYN Care® (CIGC®), we strive to provide the highest care possible to women suffering from complex GYN conditions.

Please refer to the information below in choosing the correct department to contact throughout every stage of your GYN journey.

We look forward to helping you!

 Schedule a New Patient Appointment Contact the Patient Relations Coordinators  1-888-787-4379 option 2	 Schedule & Prepare for Surgery Contact the Surgical Schedulers  1-888-787-4379 option 4
 Billing Questions Contact the Billing Department  1-888-787-4379 option 7  billing@towersurgicalpartners.com	 Request FMLA/Disability Forms Contact the CIGC Staff  1-888-787-4379 option 6  fmla-disabilityforms@innovativegyn.com
 Schedule a Follow-Up/Postop Appointment Contact the CIGC Front Desk  1-888-787-4379 option 1  cigcstaff@innovativegyn.com	 Request a Return to Work Letter, Medication Refills Contact the CIGC Front Desk  1-888-787-4379 option 1  cigcstaff@innovativegyn.com
 Post-Operative Questions/Concerns Contact the CIGC Front Desk  1-888-787-4379 option 1  cigcstaff@innovativegyn.com For urgent questions, you can reach the on-call physician during non-business hours at 301-801-1717.	 Request Medical Records Contact the CIGC Front Desk  1-888-787-4379 option 1  medicalrecords@innovativegyn.com

Patient Portal

New and returning CIGC patients can access the patient portal to make check-in easy and fast on the day of their appointment.

The CIGC Patient Relations Coordinators (PRCs) can assist with any questions about accessing our patient portal. You can reach them by phone at 888-787-4379, press option 2.

You can also fill out the consultation form, and one of our PRCs will contact you and provide details about how to complete your registration.