Fibroid Treatment Comparison: UFE vs Myomectomy vs Hysterectomy

When women are diagnosed with uterine fibroids, one of the most important decisions is choosing the right treatment.

Today, patients have more options than ever. However, each option comes with different implications for recovery, anatomy, and long-term outcomes.

Below is a simple, medically accurate comparison of the three most common approaches: Uterine Fibroid Embolization (UFE), Myomectomy, and Hysterectomy.

UFE	MYOMECTOMY	HYSTERECTOMY
Is it surgery?	**Is it surgery?**	**Is it surgery?**
No. is a minimally invasive procedure.	Yes. Is a surgical procedure.	Yes. Is major surgery.
Anesthesia?	**Anesthesia?**	**Anesthesia?**
No general anesthesia, just local or sedation.	General anesthesia (most cases).	General anesthesia.
Hospital stay?	**Hospital stay?**	**Hospital stay?**
In office outpatient procedure.	1–2 days (varies by approach).	1–3+ days (longer if open surgery).
Uterus preserved?	**Uterus preserved?**	**Uterus preserved?**
Yes, always.	Yes, in most cases.	No.
Incisions?	**Incisions?**	**Incisions?**
No surgical incision (small catheter entry in groin/wrist).	Abdominal or laparoscopic incisions.	Abdominal, laparoscopic, or vaginal incisions.
What is removed/treated?	**What is removed/treated?**	**What is removed/treated?**
Fibroids shrink by blocking blood supply.	Fibroids are surgically removed.	Entire uterus is removed.
Recovery time	**Recovery time**	**Recovery time**
3–7 days to return to normal activities.	2–4 weeks (laparoscopic); 4–6+ weeks (open).	2–4 weeks (laparoscopic); 6–8+ weeks (open).
Impact on fertility	**Impact on fertility**	**Impact on fertility**
Uterus preserved (fertility possible).	Often preserved with limitations.	Permanent loss of fertility.
Main advantage	**Main advantage**	**Main advantage**
Minimally invasive, fast recovery, uterus an fertility preserved.	Removes fibroids directly, preserves uterus.	Definitive treatment, eliminates fibroids permanently.

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