

Cystocele Repair (Anterior Colporrhaphy)

What is a cystocele repair?

Repairing the hernia of the wall in between the bladder and vagina.

When is this procedure done?

- Chronic discomfort from bulging vagina
- Difficulty emptying the bladder

How is the surgery performed?

The surgery is performed vaginally by making an opening in the layer between the vagina and the bladder. These tissues are then reinforced with strong sutures in order to reinforce the weakened tissues. The stitches will dissolve over a period of a few months and will not need to be removed.

Where is the surgery performed? Will I need to stay in the hospital?

This procedure is an outpatient procedure (you will go home the day of surgery) performed at the University of Virginia Outpatient Surgery Center (OPSC) located just south (behind) the main hospital.

What are possible risks from this surgery?

- Bleeding
- Infection
- Damage to bladder
- Pain with intercourse
- Difficulty with emptying the bladder
- Failure of the surgery to cure symptoms
- Rare risks include:
 - Blood clot in the legs or lungs
 - Complications from anesthesia

What will be the recovery time for a cystocele repair?

Typical recovery for the procedure is 2-3 weeks. During the first week you may use either Tylenol, ibuprofen, and/or prescription pain medications which will be provided.

Advantages or disadvantages of a vaginal rectocele repair?

Advantages of vaginal reconstructive procedures are:

- Small vaginal incision, no abdominal incision,
- No hospital stay (same day surgery or just overnight)
- Faster post-operative recovery time (average 2-3 weeks or less)

Disadvantages include:

- Slightly less durable/strong repair when compared with abdominal reconstruction. Your surgeon will discuss other risks of your planned surgery with you.

How do I prepare for surgery?

PLEASE CONTACT JENNIFER ROBERTS TO SCHEDULE SURGERY AT 434 924 2103.

- If you have any medical problems, make sure that you are cleared for surgery (medicine or anesthesia). If you see your family doctor before surgery, make sure you have all the necessary lab work, EKG, or chest x-rays done at least 3 days before surgery.
- Make sure your physician knows what medications, including herbal supplements, you are currently taking. Some medications need to be stopped for some time before the procedure :
 - Coumadin
 - Plavix
 - Heparin

- Lovenox
 - Motrin or Ibuprofen
 - Aspirin
 - Metformin
 - St. John's Wort
- Smoking can affect your recovery. Smokers heal more slowly after surgery and may have difficulty breathing during the surgery. If you are a smoker, it is best to quit 6-8 weeks before surgery.
 - Your surgeon might also prescribe vaginal estrogen to improve the quality of your vaginal skin before surgery.

Do I have any limitations afterwards?

- Walking:** Normal physical activity is expected within hours of your procedure. Start with short walks and gradually increase the distance and length of time that you walk.
- Climbing:** Climbing stairs is permitted, but you may require some assistance initially.
- Lifting:** Please limit lifting to anything less than 10 pounds (2 one gallon containers) for 4-6 weeks.
- Showers:** Showers are allowed within 24 hours after your surgery. (sitz baths okay for comfort)
- Driving:** Driving may be resumed 3-5 days after surgery, provided you are not taking any prescription/narcotic pain medication.
- Sex:** Sex may be resumed 6 weeks after surgery.
- Work:** Most patients will be able to return to work between 2-3 weeks after surgery. Some patients may have residual fatigue for a couple of weeks.

Diet

No dietary restrictions unless diabetic. Regular food as tolerated.

Medications

Pain: A pain medication will be prescribed for you after surgery. Do not take more frequently than indicated on the instructions.

Stool softener A stool softener will be needed while taking prescription pain medications.

How long after surgery do I come back to Follow-up

Before you leave the hospital you should have a post-operative appointment made with your physician between 4-6 weeks after surgery.

If you have questions following surgery, call our office at 434.924.2103 during normal working hours. Otherwise, for evenings and weekends, call 434.924.0000 and ask the operator to page the GYN resident on-call.



