

Vaginal repair

These instructions are intended for printing. The instructions contain sections to be filled in.

Vaginal repair (Rectocele=rectal bulging, Cystocele=fallen bladder) is performed to correct a prolapse in the vagina. Difficulties in urinating and/or defecation may also require surgery.

Procedure

The repair is usually performed under spinal anaesthesia. An incision is made into the mucous membrane (lining) of the vagina through the vagina, and the urinary bladder and/or rectum is secured into its normal position using sutures and often synthetic mesh.

Recovery

Recovery from the operation takes a few hours at the ward. You will be released from the hospital when you are able to urinate. During your sick leave, you should avoid labour, lifting, bending over, shaking carpets, stretching out, cycling, and sitting for long periods of time. You should also empty your bowels without too much effort and, if necessary, use non-prescription laxatives. The prevention of constipation is important after the operation and in future.

Wound care

The wounds have absorbable sutures, which do not have to be removed. You should wash the genital area at least every morning and evening, beginning the day after the surgery. You may go to sauna after one week. To reduce the risk of infection, you should avoid intercourse, swimming, bathing, and using tampons for two weeks. You may experience vaginal discharges containing blood for a few weeks, as the wounds gradually heal.

Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is 4–6 weeks.

Contact us

If you experience inflammatory symptoms (fever, severe pain, heavy or foul-smelling vaginal discharge) or other problems, contact your health Centre or occupational health Centre:

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.