

## Vaginal repair (Rectocele= rectal bulging, Cystocele=fallen bladder)

Vaginal repair 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 **local 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

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Anti-inflammatory

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Strong painkiller

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Other medication

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**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 tel. **(06) 323 2012**,

Gynaecological Ward A5 at other times tel. **(06) 323 2092**,

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

**We wish you happy healing!**