

# Prolapse Surgery: Anterior Wall plasty

In this brochure, you will learn more about anterior wall plastic surgery and admission to ward H5-South.

## Introduction

Soon you will be admitted to the Amsterdam UMC, location AMC in the Gynecology department (H5-South) for a prolapse operation (anterior wall plastic). In this brochure, you will find information about this operation. The brochure is intended to supplement the oral information provided by your doctor. If you have any questions, please do not hesitate to contact the outpatient clinic or the nursing department. We wish you good luck and a speedy recovery.

## What is anterior wallplasty?

An anterior wall plastic surgery is surgery to repair a prolapse of the anterior wall of the vagina bladder. The gynecologist performs this surgery through the vulva. The sagging anterior wall of the vulva with the bladder behind it, which you sometimes see bulging like a ball in the opening of the vulva, is put back in place.

During surgery, the gynecologist detaches the wall in the middle of the anterior wall of the vagina from the bladder that lies beneath it. Next, the connective tissue between the vaginal wall and the bladder is strengthened with sutures. The bladder can now rest on this, and the prolapse disappears. Then the excess tissue of the vagina is removed. Next, the wall of the vulva is sutured over the connective tissue and the bladder. In this way, the front wall of the vagina comes back in the place where it should be, and the bulge is gone. Soluble sutures are used. No mesh/a mat is used.

At the end of the surgery, the doctor inserts a tampon into the vagina and a catheter into the bladder.

## What is the result?

The success rate of this operation is around 70-90%. Some women will suffer a recurrence of prolapse in the short or long term. A new prolapse does not always result in complaints, so a new operation is not always necessary.

## Possible complications

With any surgery, there is a chance of complications. The following common complications may occur:

- Bleeding

- Infection after surgery (for example, a bladder infection). Around the surgery, all operations are done as clean (sterile) as possible. Despite these precautions, there is still a small chance of infection in the area of the vagina or pelvis. In the operating room you will be given antibiotics via an infusion.
- Urinary leakage can sometimes occur after prolapse surgery. Most of the time it concerns leakage of urine when coughing, sneezing or pushing. If this bothers you a lot, there are treatments for this.
- Damage to bladder
- Pain symptoms will be treated with analgesia. Persistent pain symptoms, for example, pain with intercourse, are very rare.

Finally, even after successful surgery, prolapse symptoms can reoccur years later. This is because surgery does not eliminate the cause of the prolapse. Unfortunately, there are no treatments that will permanently prevent the problems from recurring. If you think you may have a new prolapse, be sure to discuss it.

## **Preparation for the outpatient clinic**

Before you undergo surgery, you will have at least one video consultation with the outpatient clinic at Amsterdam UMC, location AMC for an intake interview with the doctor. Subsequently, an appointment with anaesthesiology will be scheduled.

### **Anaesthesiology Outpatient Clinic**

You will have an appointment with the anesthesiologist to discuss anesthesia during surgery. An anesthesiologist, a specialist in the field of anesthesia and pain management, will ask you questions about your general health status, previous surgeries, your medication regimen, past illnesses, any hypersensitivity to certain medications, and experiences with previous anesthesia. In addition, your blood pressure will be measured, and additional tests may be arranged.

### **Planning**

You will be notified by phone approximately 1-2 weeks before the scheduled admission.

## **Preparation in the nursing ward**

You will be admitted to the nursing ward H5-South the day before surgery or the day of surgery. You can usually go home the day after surgery. The total duration of hospitalization is 1-2 days on average.

### **Interviews and examinations on the day of admission**

On the day you are admitted, the nurse will conduct an intake interview, in which she will ask about your medication use, among other things. It is important that you bring all your medications in the original packaging(s) when you are admitted. The nurse will discuss with you which medicines you should take. The nurse will also ask whether you are allergic to any medication and what your health is like. The nurse will also discuss your home situation and your contact person. A contact person is a person who can be called after the operation to be informed that the operation is over. You can name your partner, family member or close friend as your contact person. The phone number of the contact person will be documented. A medical assistant will go through a medical questionnaire with you and take your blood.

The gynecologist and/or assistant physician will visit you to discuss the operation with you once more. In addition, you may have another internal gynecological examination.

### **Evening before the operation**

The evening before the operation, you may eat whatever you want until midnight.

On the day of surgery, you may not eat or drink anything for the last 6 hours before surgery.

Up to 6 hours before the operation, you may eat something light like a biscuit or crackers.

Up to 2 hours before the operation, you may drink clear liquids.

Keep in mind that the operating schedule may change, so you may have to come earlier.

## **The operation**

### **Before the operation**

- The nurse will provide you with surgical clothing. Jewelry, piercings, make-up, and headgear should be removed. If you have glasses, contact lenses, or dentures, they must be removed before going to the operating room.
- In preparation for the anesthetic, you will be given medication for the operation. The anesthesiologist will determine these drugs, which include painkillers and/or tablets for relaxation/rest.
- The nurse will take you and your bed to the waiting area of the operating room, the recovery room. A specialist nurse will take over your care here temporarily.
- You will be picked up from the recovery room by the anesthetist and their assistant. Then, a team of doctors and operating assistants are ready to take you into surgery.

### **During the operation**

- In the operating room, the latest safety procedures are checked. You will be asked for your name, date of birth, what you are allergic to, when you last ate, and finally, your wristband will be checked. Your surgery will also be confirmed.
- In the operating room, you will be given an IV to administer fluids and medication.
- During surgery, you will receive an epidural or general anesthesia. If you receive anesthesia, you will be unconscious and connected to a monitor that checks vital signs. A breathing tube will also be inserted into your throat for ventilation during surgery. As a result, you may have discomfort in your throat for several days. An epidural does not require a tube to be inserted into the throat.

### **After the operation**

- After surgery, you will be taken back to the recovery room. Here you will stay some time for observation. You will be connected to monitoring equipment. If necessary, you will receive extra oxygen through a tube in your nose. In addition, a catheter is inserted into the bladder that provides for the drainage of urine. A specialized nurse takes care of you here.
- The recovery nurse will contact the first contact person to inform that person that the operation is finished. There will be no substantive information told.
- You may usually eat immediately after surgery.

## **First day after the operation and discharge from the hospital**

In principle, it is possible to go home the first day after surgery. The IV will be removed. After surgery, it is important to start mobilizing as soon as possible. The nurse will instruct you in this. The morning after surgery, the catheter and vaginal tampon will be removed. A routine check

will be made to see if you are urinating sufficiently. If not, you will be taught how to empty your bladder yourself (catheterization), or you will be given a catheter to take home for a few more days. After this surgery, this is only rarely needed.

## **Discharge**

Upon discharge, you will have a discharge interview with the ward physician. You will be given a letter for your General Practitioner and any prescription(s) for medication. In addition, the doctor and nurse will provide you with instructions on living and when you should contact the hospital.

## **Recovery**

Recovery from surgery may take 4-6 weeks.

You will receive advice from the hospital about pain relief and laxatives.

For the first six weeks, the following rules of life apply no heavy lifting, no swimming or bathing, no using tampons, and no sexual intercourse. After about four weeks, you may start cycling again, provided your condition allows for it. Vaginal bleeding may occur up to about six weeks after surgery. You should not use tampons at this time. The blood loss will slowly decrease and often turn into brownish or yellowish discharge. Any stitches in the vulva will dissolve on their own. They may come out on their own for more than six weeks after surgery.

It may be that the rules you are given from the hospital are different from those above. If so, please keep to the rules you were given from the hospital.

As long as you are not in good condition and cannot lift heavy objects, household help may be desirable. If you do not have a partner or adult children living at home, you can apply for this before your operation at the Social Support Act desk. However, this does involve a personal payment. Of course, you can also arrange for domestic help yourself.

## **Aftercare**

You will have an appointment at the gynecology outpatient clinic 6 weeks after surgery.

However, if there are any symptoms, you can always contact us earlier.

## **When should you contact us?**

In case of unexpected events in the period after surgery, such as fever, severe pain, heavy blood loss, or inability to urinate properly, contact the gynecology department of the Amsterdam UMC, location AMC 020-5663665 immediately.

## **In conclusion**

If you have any questions or complaints, please do not hesitate to contact your treating physician.

Source

IUGA, [www.iuga.org/patientinfo](http://www.iuga.org/patientinfo) and [www.NVOG.nl](http://www.NVOG.nl).