

# Vaginal Prolapse - Anterior Repair

## What Is Anterior Repair Surgery?

Anterior repair, also known as bladder repair or anterior colporrhaphy, is a surgical procedure used to treat a **prolapse of the bladder (cystocele)**. This condition occurs when the bladder drops from its normal position and pushes against the front wall of the vagina, often due to weakened pelvic floor muscles. The surgery involves tightening the tissues that support the bladder to restore its proper position and relieve symptoms such as a vaginal bulge, urinary leakage, or discomfort.

## Who Is Suitable For Anterior Repair?

Anterior repair is recommended for women experiencing:

- Vaginal bulging or pressure
- Urinary incontinence or urgency
- Difficulty emptying the bladder
- Discomfort during sex
- Recurrent urinary tract infections (UTIs)

It may be suitable when non-surgical treatments such as pelvic floor exercises or vaginal pessaries have not provided enough relief. This surgery is not typically recommended for women who plan to have more children, as pregnancy and childbirth can affect the surgical outcome.

## Preparing For The Procedure

Before your surgery, you will have a detailed consultation with your gynaecologist to discuss your symptoms, medical history, and treatment options. Pre-operative preparations may include:

- **Pelvic examination:** To assess the degree of prolapse
- **Urine test:** To rule out infection
- **Bladder function tests:** If urinary symptoms are present
- **Discussion of anaesthetic options:** This procedure may be done under general, spinal, or local anaesthetic depending on your health and preference

## The Anterior Repair Procedure

The surgery usually takes around **30 to 60 minutes** and is performed through the vagina, so there are no abdominal incisions. The key steps include:

- Making a small incision in the vaginal wall
- Pushing the bladder back into its normal position

- Tightening and repairing the tissue (fascia) between the bladder and vagina using stitches
- Closing the vaginal wall with dissolvable sutures

Anterior repair may be combined with other pelvic floor surgeries, such as posterior repair or vaginal hysterectomy, if needed.

## After The Procedure

Most patients can go home the **same day or after an overnight stay**. You should arrange for someone to accompany you home.

## Recovery And Aftercare

Recovery time varies, but most women return to normal activities within **2 to 4 weeks**, avoiding heavy lifting or strenuous activity for about 6 weeks.

You may experience:

- Mild vaginal bleeding or discharge
- Discomfort or cramping for a few days
- The need to use a catheter temporarily, especially if bladder emptying is difficult at first

Your gynaecologist will provide detailed instructions on hygiene, rest, and follow-up care. Avoid tampons, sexual intercourse, and heavy lifting until you are advised it is safe to resume.

## Benefits Of Anterior Repair

- Relief from vaginal bulging and pelvic pressure
- Improved bladder control and reduced urinary symptoms
- Minimally invasive vaginal approach with no visible scars
- Enhanced comfort and quality of life

## Risks And Complications

All surgical procedures carry some risk. Possible complications of anterior repair include:

- Infection or bleeding
- Pain during intercourse
- Urinary incontinence or retention
- Recurrence of prolapse
- Injury to the bladder or urethra (rare)

Your gynaecologist will discuss these risks with you before surgery.

## When To Seek Medical Advice

Contact your clinic or seek urgent medical attention if you experience:

- Heavy bleeding or foul-smelling discharge
- Severe pain not relieved by medication
- Fever or signs of infection
- Difficulty passing urine or increased urinary urgency

## Why Choose Birmingham Gynaecology Clinic?

At Birmingham Gynaecology Clinic, we offer **expert anterior repair surgery** performed by experienced gynaecologists using the latest surgical techniques. Our focus is on **personalised care, minimal recovery time, and effective symptom relief** for women experiencing bladder prolapse.

## Contact Us

To learn more or book a consultation, contact **Birmingham Gynaecology Clinic**. Our team is here to support you at every step of your treatment journey.