

# Percutaneous Posterior Tibial Nerve Stimulation (Ptns)

## Percutaneous Posterior Tibial Nerve Stimulation (Ptns) For Anal Incontinence

Anal incontinence is the inability to control bowel movements, which can be a distressing condition. It can be caused by damage to the muscles and/or nerves around the anus, often due to childbirth, but it can also affect men.

If there is significant damage to the anal sphincter muscle, anal sphincter repair may be recommended first. However, if the muscle is intact and symptoms cannot be controlled with medications like loperamide or physiotherapy, percutaneous tibial nerve stimulation (PTNS) may be an option.

### What Does Ptns Involve?

PTNS is a minimally invasive, outpatient treatment that stimulates the tibial nerve, which helps regulate bowel and bladder function. The procedure involves:

- Insertion of a fine needle electrode near the ankle
- The needle is connected to a battery-powered stimulator
- The consultant activates the device and looks for small movements in the foot or toes, confirming the correct placement
- Patients lie on a couch or recliner during the treatment
- Each session lasts 30 minutes

A standard course consists of 12 weekly treatment sessions. Most patients start noticing symptom improvement after 8 weeks. If no improvement is seen, treatment may be discontinued. After 12 sessions, the consultant or nurse will assess whether further sessions are needed to maintain results.

### What Are The Risks?

PTNS is generally safe, with minimal side effects. Some patients may experience:

- **Mild stomach aches** lasting a few hours
- **Temporary numbness in the leg or toes**
- **Mild discomfort or throbbing** at the needle insertion site
- **Redness or slight inflammation** at the insertion site

These symptoms are usually short-lived and do not require further treatment.

## Who Can Benefit From Ptns?

PTNS is used for patients with anal incontinence who have intact sphincter muscles but persistent symptoms. It can also be used to treat overactive bladder syndrome, improving bladder control and reducing urgency and leakage.

## Why Choose Birmingham Gynaecology Clinic?

At Birmingham Gynaecology Clinic, percutaneous posterior tibial nerve stimulation (PTNS) is performed by experienced gynaecologists using the latest techniques. Our focus is on **personalised care, minimal recovery time, and effective symptom relief** for women experiencing anal incontinence.

## Contact Us

If you would like to find out whether PTNS is suitable for you, our specialist team is here to help. Take control of your continence. Book your consultation today.