

# Vaginal Prolapse Surgery - Posterior Repair (Colporrhaphy)

## What Is A Posterior Repair?

Posterior repair, also known as **posterior colporrhaphy**, is a surgical procedure used to correct **posterior vaginal wall prolapse**, also called **rectocele**. This occurs when the rectum bulges into the vaginal wall due to weakened pelvic floor tissues, often caused by childbirth, ageing, or chronic straining. The procedure aims to strengthen and support the back (posterior) vaginal wall to relieve symptoms and improve quality of life.

## Who Is Suitable For Posterior Repair?

Posterior repair may be recommended if you are experiencing:

- A bulge or pressure in the vagina
- Discomfort or pain during bowel movements
- Difficulty fully emptying the bowel
- Vaginal laxity or discomfort during intercourse
- Pelvic pressure, especially when standing or lifting

It is typically considered when conservative measures such as pelvic floor physiotherapy or use of a vaginal pessary have not provided sufficient relief. Women who plan to have more children may be advised to delay surgery.

## Preparing For The Procedure

Before surgery, you will have a thorough consultation with your gynaecologist. Preparation may include:

- **Pelvic examination** to assess the extent of prolapse
- **Bowel management advice**, including dietary adjustments or mild laxatives
- **Discussion of anaesthetic options** (general or spinal)
- **Bladder and bowel function assessment**, if needed

## The Posterior Repair Procedure

Posterior repair is performed through the vagina and typically takes around **30 to 60 minutes**. It may be done as a day-case or involve an overnight stay.

During the procedure:

- A small incision is made in the back (posterior) vaginal wall

- The bulging tissue (rectocele) is repositioned
- Supportive tissue is tightened with dissolvable stitches
- The vaginal wall is then closed with absorbable sutures

Posterior repair may be combined with anterior repair or other pelvic floor procedures where necessary.

## After The Procedure

You can usually go home the **same day or after one night** in hospital. You should have someone accompany you home and help you in the first 24 hours.

## Recovery And Aftercare

Most women recover within **2 to 4 weeks**, though strenuous activity and heavy lifting should be avoided for at least 6 weeks.

You may experience:

- Mild vaginal bleeding or discharge
- Soreness or cramping for a few days
- Temporary changes in bowel or bladder habits

Avoid sexual intercourse, tampons, and baths until advised by your gynaecologist. Your care team will provide detailed recovery guidance tailored to your needs.

## Benefits Of Posterior Repair

- Relief from vaginal bulge and pelvic pressure
- Improved bowel function and comfort
- Enhanced vaginal support and structure
- Minimally invasive vaginal approach with no visible scars

## Risks And Complications

All surgeries carry some risks. With posterior repair, potential complications include:

- Infection or bleeding
- Pain during intercourse
- Constipation or changes in bowel function
- Urinary difficulties

- Recurrence of prolapse
- Damage to surrounding organs (rare)

Your gynaecologist will explain the risks and ensure you're fully informed before proceeding.

## When To Seek Medical Advice

Please contact your gynaecologist or seek medical help if you experience:

- Heavy or foul-smelling vaginal discharge
- Fever or chills
- Severe pelvic or abdominal pain
- Difficulty urinating or opening your bowels

## Why Choose Birmingham Gynaecology Clinic?

At **Birmingham Gynaecology Clinic**, we offer expert **posterior repair surgery** performed by experienced specialists in a calm, supportive setting. We use the latest techniques to provide safe, effective treatment with minimal downtime and a strong focus on personalised aftercare.

## Contact Us

To learn more or schedule a consultation, please contact **Birmingham Gynaecology Clinic**. Our dedicated team is here to support you every step of the way with expert advice and compassionate care.