

Trans Obturator Four Arm Polypropylene Mesh in the Treatment of High Stage Cystoceles

Introduction and Objective: To report the short-term single center results of vaginal cystocele repair using trocar-guided transobturator four arm polypropylene Mesh.

Materials and Methods: All patients with cystocele stage ≥ 3 according to the international continence society pelvic organ prolapse Quantification (ICS PoP-Q) were enrolled in this study. Data on prior treatments, intra and post operative complications were collected and the patients were visited after the first post-op week, 1, 6, and 12 months. Anatomical outcomes were assessed by comparing the pre and post-op ICS PoP-Q stage. Function was assessed in terms of urinary problems. Failure was defined as relapse of Pop-Q stage more than or equal to 3.

Results: Mean follow-up was 8 months. Of the 30 patients, 14 suffered from cystocele stage 4. Mean operation time was 55 minutes. There was no bladder injury. Two patients experienced intra operative hemorrhage more than 200 milliliters. Vaginal wall was not trimmed in any and was oversewn in all. There was one vaginal erosion of Mesh and one recurrence of cystocele. Ten patients suffered from stress urinary incontinence which was cured in 9 and improved in another. Two patients reported denovo urge- incontinence, and 93% of patients were satisfied from the operation.

Conclusion: Trocar-guided transobturator four arm polypropylene Mesh repair is highly effective in the surgical treatment of high stage cystocels at short-term follow-up with a low complication rate.