

What is pelvic organ prolapse?

Pelvic organ prolapse occurs when pelvic structures (like the bladder or rectum) bulge or protrude into the vaginal wall. It can also be described as a hernia into the vaginal wall.

Many different structures can prolapse. The bladder, the uterus, the vagina, the small bowel, or the rectum are common structures that can be herniated and cause prolapse.

Solutions for Life™ American Medical Systems is a world leader in medical devices and procedures that treat: incontinence, prolapse, excessive menstrual bleeding, erectile dysfunction (ED) and benign prostate hyperplasia (BPH). Any one of these conditions can profoundly diminish a patient's quality of life and significantly impact relationships. Our products provide a cure or reduce the incapacitating effects of these diseases, often through minimally invasive surgery.



American Medical Systems, Inc.
10700 Bren Road West
Minnetonka, MN 55343 USA

U.S. Toll Free: (800) 328-3881
Phone: (952) 930-6000
Fax: (952) 930-6157

www.AmericanMedicalSystems.com

©2004 American Medical Systems, Inc.
All rights reserved. Printed in USA.
Order Number: 21600068 (10/04)

Pelvic Organ Prolapse Repair Systems



Restore
Your
Body



You are not alone

If you suffer from pelvic organ prolapse, you are not alone. Millions of women suffer from this condition.

Female pelvic organ prolapse can sometimes result in local discomfort, pelvic pressure, an interrupted urinary stream, difficult bowel movements, and is commonly associated with involuntary loss of urine. This topic can be frustrating since it is often not talked about.

Many treatments for pelvic organ prolapse are available. Your doctor has determined that a surgical procedure may be appropriate for you. These procedures are designed to correct the problem and free you from the limitations caused by pelvic organ prolapse. Read more to learn about this procedure.

What are the signs of pelvic organ prolapse?

While many women do not have symptoms, some women may notice a bulge or lump in the vagina or even notice the vagina protruding outside the body. Other symptoms may include:

- A pulling or stretching feeling in the groin area
- Painful sexual intercourse (dyspareunia)
- Vaginal pain, pressure, irritation, bleeding, or spotting
- Urinary and fecal incontinence
- Difficulty with bowel movements
- Delayed or slow urinary stream

What causes pelvic organ prolapse?

Weakened or damaged pelvic muscles and ligaments can cause pelvic organ prolapse. These structures can be weakened by pregnancy, childbirth, menopause, previous surgery, obesity, smoking, chronic heavy lifting, or coughing. Sometimes prolapse can simply be caused by aging or genetics.

How do these procedures treat pelvic organ prolapse?

Pelvic organ prolapse repair systems consist of a strip of a mesh-like material surgically placed in your body. The mesh is intended to restore your anatomy to its natural position and strengthen the structures around your vagina to maintain support.

How will the procedure be performed?

These procedures are usually in-patient procedures performed under regional or general anesthesia, depending on what you and your doctor choose. A vaginal incision and a few small skin incisions will be made. A piece of mesh is inserted through the incision and placed in the body, and secured under the skin. After the surgery, you may notice immediate results.

What happens immediately after the procedure?

Your doctor may require you to stay in the hospital over night. Also, your doctor may insert a catheter through your urethra to drain urine from your bladder. In addition, your doctor may prescribe antibiotics to prevent infection and analgesics (pain medicine) for any post-operative discomfort.

During the healing period, for approximately six weeks, you should avoid sexual intercourse, heavy lifting, and rigorous exercise. Your doctor will provide you with additional information on how to care for yourself after surgery, including any other limitations to activities. Immediate overactivity may limit the long-term success of the procedure.

What else can I expect?

Since pregnancy and childbirth often make pelvic organ prolapse worse, you should only have this procedure if you no longer desire to have children. Pregnancy may negate the effects of the procedure.

Risks associated with synthetic mesh implant include extrusion, erosion, infection, or inflammation.

As every surgical procedure has risks and complications, ask your doctor for a complete list of warnings, precautions, and contraindications so that you understand the procedure and results you can expect.

You are not alone

You do not need to live with pelvic organ prolapse and the pain and discomfort it causes. Join other women today who have sought help for this problem and once again enjoy an active lifestyle with family and friends.