

How to do Kegel exercises:

Contract the muscles around the anus and urethra, as if trying to control urination or bowel movement, and feel the contraction. The abdominal, buttock, or inner thigh muscles should not be contracted.

Hold the muscle contraction for up to 10 seconds, then relax the muscles for 10 seconds.

Repeat this exercise 30 to 80 times a day.

Postoperative measures:

To prevent urinary tract infection, wash the perineal area from front to back with warm water or normal saline solution after each urination and defecation, and dry it with a clean, disposable towel.

In women who have given birth multiple times, it may occur even before menopause.

Symptoms of cystocele:

The symptoms include a palpable protrusion in the vagina, a feeling of pressure in the pelvic area, urinary problems such as urinary incontinence, and frequent urination.

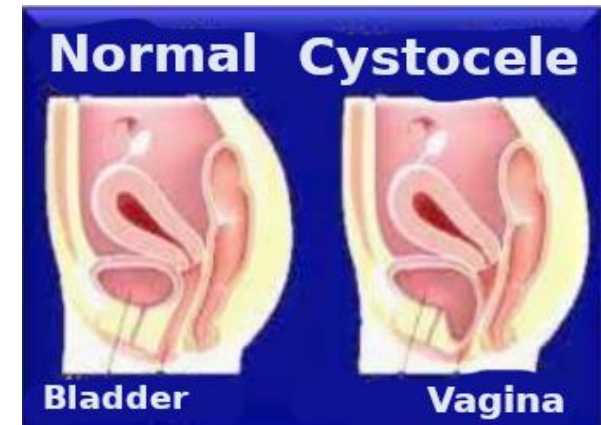
Treatment for cystocele:

Surgical techniques or pessary (a device placed in the vagina to support the uterus) are used to treat cystocele.

Pessary is a ring or donut-shaped device made of latex or plastic that is placed inside the vagina.

Kegel exercises, which involve tightening the vaginal muscles, help strengthen and maintain tone in the vaginal muscles.

Cystocele



Cystocele is the displacement of the bladder downwards and towards the vaginal outlet, which is caused by damage to the supporting structures of the anterior vaginal wall. This condition usually occurs after childbirth and excessive stretching.

**Tadbir day-clinic and limited,
ambulatory surgery center**



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References:

- 1) ClinicalKey
- 2) Mayo Clinic
- 3) Brunner & Suddarth's Textbook of Medical-Surgical Nursing
- 4) FamilyDoctor.org

for a month and a half. If there is any bloody discharge, it is better to avoid sexual activity.

In case of sudden pain, increased pain and bleeding, burning during urination, frequent urination, and fever, it is necessary to immediately consult a doctor or medical centers.

To prevent constipation, consume fruits, vegetables, and fluids (between 8 to 10 glasses).

You can take a shower after being discharged from the hospital. Personal hygiene is essential.

Change your underwear daily and use non-synthetic undergarments. Avoid wearing clothing containing synthetic fibers and tight, plastic pants and socks.

When to see a doctor:

With the doctor's advice, visit the treating physician 10 days after the surgery to control the site of the stitches. The stitches are not removable and will be absorbed after a while.

It takes one to two weeks for the stitches to be well absorbed, but it is better to refrain from sexual activity