

Early referral to a doctor during pregnancy makes diagnosis easier.

Performing Kegel exercises after childbirth helps maintain the strength and tone of the pelvic floor muscles and prevents muscle weakness. In rectal prolapse surgery, the patient should be aware that taking laxatives, purging, and maintaining perineal hygiene are necessary before the procedure. In this surgery, the bladder is emptied through a catheter.

During the recovery period, the patient should have a soft diet and be given a laxative every night.

Avoid heavy activities such as lifting heavy objects, standing for long periods of time, and intense exercise for the first 6 weeks after the surgery.

Pelvic floor exercises should be done at home in any position (sitting, standing, lying down):

Rectocele is the protrusion and upward movement of the vaginal wall due to pressure on its posterior wall. Rectal prolapse causes pressure on the vaginal wall.

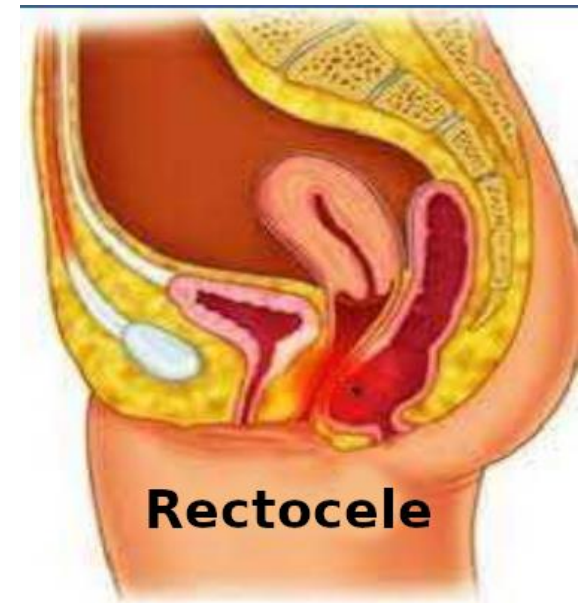
Rectocele and perineal tears can affect the patient's pelvic floor muscles and tissues. Rectocele may occur during childbirth.

Sometimes, the tear is so severe that it leads to complete tearing of the muscular fibers of the anus.

#### **Rectocele symptoms:**

Symptoms are similar to those of cystocele, except that the patient feels pressure and strain in the anal area instead of urinary disorders. Constipation, gas incontinence, and fecal incontinence can occur in patients with complete rectal prolapse. This condition can cause a feeling of pressure, ulcers, bleeding, and painful intercourse. Treatment of rectal prolapse is done surgically.

## **Rectocele**



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



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References:

- 1) ClinicalKey
- 2) Mayo Clinic

undergarments daily and expose them to sunlight.

The surgical area should be clean and dry. If you cannot urinate, opening the faucet, hearing the sound of water, or drinking fluids can help you.

contract and pull the muscles between the urinary and anal passages inward and hold for 30 seconds. Then, relax them. Do this exercise 10 to 20 times a day. To see the effects of exercise, do this routine for 6 to 12 weeks.

**Self-care after discharge from the hospital:**

After being discharged from the hospital, you can take a shower. It takes 1 to 2 weeks for the sutures to heal properly. Change your undergarments daily and use cotton undergarments, and avoid wearing synthetic fiber clothing, tight stockings/pants, and plastic.

It's essential to take care of the surgical site and practice personal hygiene to prevent infection and pressure on the sutures. It's necessary to change your

- 3) Brunner & Suddarth's Textbook of Medical-Surgical Nursing
- 4) FamilyDoctor.org