

# Pelvic Organ Prolapse

- The medical term for “falling bladder” or “falling uterus” is Pelvic Organ Prolapse.
- Ligaments, muscles, and connective tissue normally hold your bladder, uterus, and other organs in their proper places in your pelvis. When these tissues become weak, a problem with pelvic support may result. Weak support can cause one or more of the pelvic organs to drop down into the vagina. The organ may even drop so far that is partially exposed outside the body.
- Typically prolapse happens because of family history, child-birth, or chronic strain on the pelvis such as heavy lifting or chronic cough.

## Treatment Options

- Treatment is optional.
- The first option is to watch and wait. You do not have to do anything about your prolapse.
- Another option is a pessary.
- The third option is surgery to correct the prolapse.
- A fourth option is pelvic floor physical therapy. Physical therapy may not completely reverse prolapse, but it helps strengthen the worn out or sore muscles of the pelvic floor.

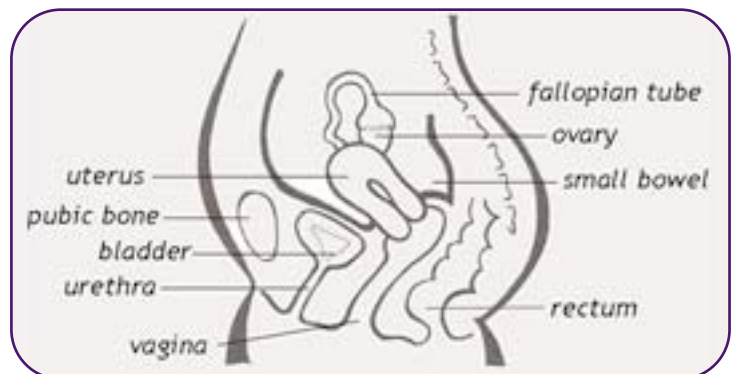
## Pessary

- A pessary is a small plastic or rubber device that sits in the vagina to hold up the drooping pelvic organs.
- A pessary typically does not cause discomfort. Some women can take their pessary out and replace it on their own at home. Other women need our assistance and come to the office every 6 – 8 weeks for pessary cleaning.

## Surgery

- Prolapse surgery is an option for some women. This surgery requires 6-12 weeks recovery time.

- Our surgeons typically use a synthetic plastic mesh material to give added support to the weak vaginal tissue.
- Risks of surgery for prolapse are the same as with any surgery. There is a risk of infection, and risk that the surgery will not work. With mesh material, there is a risk that it will poke through the vaginal tissues. In most cases, this can be easily trimmed in the office. Occasionally, women will have to go back to the surgery center to have part of the mesh removed.
- To help increase the success of prolapse surgery, you will have post-operative restrictions of no lifting, bending, tugging for at least 6 weeks, sometimes longer. Most women need to be off work.
- For women who are good candidates for prolapse surgery, they typically are very pleased with the improvement in their quality of life after their surgery.



Normal (no prolapse)

### Questions?

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**Center for  
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