

What to Expect

LeFort colpocleisis is typically performed through the vagina, whereas other procedures can require abdominal incisions. Before pursuing this option, your surgical team will need to confirm that this procedure fits your lifestyle and health goals. This is because the surgery will permanently change your vaginal canal.

Before surgery, your provider will also check for conditions that could require future access to your uterus and the surrounding area. Conditions like these can make LeFort colpocleisis an impractical option.

What to Prepare

Here's what you'll need to do before your procedure:

- Get a cervical screening (Pap test) if you're due for one
- Test your uterine lining via endometrial sampling so your doctor can rule out uterine concerns before surgery
- Get screened for bladder leakage (stress urinary incontinence), since the process can affect bladder function
- Review your medication history with your provider (including prescriptions, over-the-counter meds, and supplements)

Questions for Your Doctor

If you are curious about whether this procedure may be right for you, here are some questions you may want to ask your healthcare provider:

1. Based on my prolapse and health history, am I a good candidate for LeFort colpocleisis?
2. Will I need any testing of my uterus or cervix before surgery, and why?
3. Could I have bladder leakage after surgery, and should I be tested for that beforehand?
4. What will change after surgery in terms of sex, hygiene, and future pelvic exams?
5. What does recovery look like for me (pain control, lifting limits, return to activities)?

Post-Surgery Recovery Process

Recovery is usually straightforward, but it's important to follow your surgeon's instructions closely. Here's what normally happens once the procedure is complete:

- Many patients stay in the hospital overnight after the surgery. This provides opportunities for monitoring and pain control.
- Your urinary catheter is usually removed on the first day after the surgery. Your team will confirm you can urinate normally before you are sent home.
- The red rubber catheter is normally left in place for up to two weeks and removed during a separate follow-up appointment. You may experience some spotting and mild discomfort during this period as your tissues heal.
- While healing, your healthcare provider will likely recommend that you avoid lifting heavy objects or physically exerting yourself in other ways. Most people can return to normal activity after a while. Your surgeon will provide you with a personalized recovery timeline.