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## CONSERVATIVE TREATMENT IN PELVIC ORGAN PROLAPSE

### Hypothesis / aims of study

Pick the casuistry of 2011 patients with pelvic organ prolapse by different circumstances such as age, comorbidity, or does not want intervention resolved with conservative treatment with placement of a pessary

### Study design, materials and methods

Pessaries are available in all consultations of the pelvic floor of our unit, this is an ancient instrument that has been renewed with a different material according to our time and having different sizes.

Pessary use is always coupled with local estrogen, which used in cream have the effect of strengthening all the muscles and mucosa of the pelvic floor.

The change of pessary is performed as the protocol with the use of eggs from Blastoestimulina that would prevent infection.

### Results

Of all patients seen in 2011, in consultations pelvic floor of our unit, 1812, 299, (16.5%) are carriers of pessary. It has been well tolerated in 27 (9%) patients either by fall or by rubbing and pain as the primary cause

We had a 9 patients (3.0%) of infections with smelly urine. There have been SUI, 10 patients (3.34%). The 20 patients (7%) removed it during sex and put it back later.

### Interpretation of results

The aim of the review is to assess the number of patients with pessary, which were not candidates for pelvic floor surgery.

### Concluding message

This is a good alternative for patients with pathology of pelvic organ prolapse meet good characteristics for use, as it prevents dryness, thickening and chronic inflammation of the vaginal epithelium. In this case the proper review and control patients who wish to take it off and put it themselves would be a good alternative to surgery.

### Disclosures

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