

A Retrospective Study: Is Surgery Effective for Vaginismus?

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Abstract

Background: Surgery is one of the procedures performed on vaginismus patients, but vaginismus turns out to be a multifactorial disease involving biopsychosocial and not only physical problems.

Purpose: This study aims to examine patient management in five years of health service at a single hospital in East Java, Indonesia.

Methods: A retrospective study was conducted using medical records. The inclusion criteria in this study were patients diagnosed with vaginismus, undergoing examinations in 2020-2024 at a single hospital in East Java Indonesia, and completing therapy. Data were analyzed descriptively.

Results: A total of 183 patients were examined at the urogynecology clinic regarding vaginismus in the last five years, with details of 5 patients in 2020, 19 patients in 2021, 64 patients in 2022, 67 patients in 2023, and 28 patients in 2024. Patients were successfully treated with independent dilation, namely 3 patients in 2020, 19 patients in 2021, 58 patients in 2022, 57 patients in 2023, and 17 patients in 2024. In 5 years, only 1 patient experienced failure in sexual intercourse. Other patients underwent procedures namely Botox Injection (12), dilatation with anesthesia (1), vaginal septum excision (1), vaginal synechiae incision (1), labia major mode incision (1), vaginismus incision (1), repair (1), vaginal synechiae incision (2), labia synechiae incision (1), vaginal septum excision (1), hymenal septum excision (1) and 5 hymen incisions (5).

Conclusion: Patients are not only treated with surgery. Many treatment options can be used to overcome the problem of patients with vaginismus and adapt to the patient's needs.

Keywords: surgery, vaginismus, botox injection, anesthesia, incision, excision, independent dilatation