

Delorme's Procedure

What Is Delorme's Procedure

Delorme's procedure is a surgical treatment for external rectal prolapse, a condition where the rectum protrudes through the anus. This operation is performed through the back passage (anus) and is designed to remove excess tissue and tighten the bowel wall, reducing the prolapse.

There are alternative surgical approaches to treating rectal prolapse, and your surgeon will discuss the most appropriate option for your condition.

What Does The Operation Involve?

The procedure is performed under general anaesthetic, but in some cases, a spinal anaesthetic may be used.

- **Bowel preparation** - You will be given an enema before the operation to clear the lower bowel
- **Surgical approach** - The surgeon operates through the anus, avoiding external abdominal incisions
- **Mucosal removal** - The lining of the prolapsing bowel is carefully stripped away, exposing the underlying muscle
- **Muscle tightening** - The muscle layer is folded and stitched together, reinforcing the bowel wall to eliminate the prolapse
- **Mucosal trimming and repair** - Excess tissue is removed, and the remaining lining is stitched back to cover the repaired muscle
- **Duration** - The procedure typically takes around 60 minutes

What Are The Risks?

Delorme's procedure is generally safe, but like all surgeries, it carries some risks.

- **Bleeding** - You may notice small amounts of blood in your stools after surgery, which usually settles within the first week

- **Bowel lining separation** - Occasionally, the stitches in the lining may separate, leading to prolonged minor bleeding, though this rarely causes significant problems
- **Bowel control changes** - If you have pre-existing bowel control issues, these may improve after surgery. However, if symptoms persist, further tests such as anorectal physiology and endo-anal ultrasound may be required

To reduce the risk of complications, you will receive a pre-operative assessment to evaluate your overall health, including your heart and lung function. You will also be given stockings and blood-thinning injections during your hospital stay to prevent blood clots (DVT/PE).

What Happens After The Operation?

- **Minimal pain** - Most patients experience little discomfort and need only simple oral painkillers after the first 24 hours
- **IV fluids** - A drip is usually in place for 24 hours to keep you hydrated
- **Eating and drinking** - You can eat and drink as soon as you feel able, usually on the same day as surgery
- **Bladder care** - A catheter, if required, is typically removed the day after surgery

Recovery At Home

- **Hospital stay** is usually 3-5 days, but this may vary
- **Stool softeners** are prescribed for 4-6 weeks to prevent straining during bowel movements
- **Physical activity** - You should avoid heavy lifting and strenuous activities for at least 6 weeks
- **Driving** - Most patients can resume driving within 2 weeks, but this depends on your recovery and ability to perform an emergency stop

Your consultant will arrange a follow-up appointment to monitor your recovery and provide further recommendations if needed.

Why Choose The Midlands Bowel Clinic?

- **Highly experienced colorectal surgeons** specialising in prolapse repair
- **Minimally invasive techniques** to reduce post-operative discomfort and recovery time
- **Personalised treatment plans** with comprehensive pre-operative assessments and follow-up care
- **Dedicated pelvic floor support**, including access to physiotherapy if required
- **State-of-the-art facilities**, offering the latest surgical advancements for optimal results

Contact Us

If you have any questions about Delorme's procedure or would like to discuss your treatment options, please contact Midlands Bowel Clinic. Our team is here to guide you through your journey to recovery.