

改良全盆底重建手术并发症的预防及术后处理措施*

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[摘要] 盆腔脏器脱垂(POP)是由于盆底肌肉、筋膜等支持组织结构损伤、缺陷等导致盆腔器官位置异常和功能障碍的一类疾病,常发于中老年女性,严重影响患者的生命质量。对于中重度的 POP 患者,手术仍是最重要且有效的治疗方式。改良全盆底重建术能显著改善患者症状及生活质量,近年来对 POP 患者的治疗取得了较好的临床效果,但其近、远期并发症也引起大家的广泛重视。本文针对改良全盆底重建术的术中并发症包括出血或血肿形成、膀胱或直肠损伤,阴道侧壁穿孔和术后并发症包括排尿困难、网片暴露与侵蚀、盆底疼痛、POP 复发、新发尿失禁、性交困难或疼痛不适等的产生原因、治疗方法以及预防措施进行综述。

[关键词] 改良全盆底重建术;盆腔脏器脱垂;并发症;疼痛;网片暴露

DOI:10.13201/j.issn.1001-1420.2021.06.014

[中图分类号] R699 **[文献标志码]** A

Prevention and management of complications of modified total pelvic floor reconstruction surgery

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Abstract Pelvic organ prolapse (POP) is a type of disease that causes abnormal pelvic organ position and dysfunction due to damage and defects in supporting tissue structures such as pelvic floor muscles and fascia. It often occurs in middle-aged and elderly women and seriously affects the quality of life of patients. For patients with moderate to severe POP, surgery is still the most important and effective treatment. Modified total pelvic floor reconstruction can significantly improve the symptoms and quality of life of patients. In recent years, the treatment of patients with POP has achieved good clinical results, but its short-term and long-term complications have also caused widespread attention. This article addresses the intraoperative complications of the modified total pelvic floor reconstruction including bleeding or hematoma formation, bladder or rectal injury, perforation of the vaginal wall, and postoperative complications including dysuria, mesh exposure and erosion, pelvic floor pain, prolapse recurrence, new urinary incontinence, difficulty in sexual intercourse or pain and discomfort, and the causes of these complications, treatment methods and preventive measures are reviewed.

Key words modified total pelvic floor reconstruction surgery; pelvic organ prolapse; complications; pain; mesh exposure

POP(pelvic organ prolapse,POP)是一种常见于中老年妇女的盆底功能障碍性疾病,主要表现为盆腔器官解剖位置的改变和功能的异常(如阴道前后壁膨出、膀胱膨出、子宫脱垂和直肠脱垂等)^[1]。POP可影响膀胱、子宫、直肠及尿道等器官的正常功能,甚至出现排尿、排便和性功能障碍,严重影响患者的生活质量^[2]。改良全盆底重建术是治疗中重度 POP 的一种重要且有效的手术方式,依据 POP 为多因素、复合性盆底应力性损伤的理论基础,术者对传统盆底重建术进行改良,以生育前正常盆底结构、阴道形态、轴向为修复目标,采用网片

经阴道修复肛提肌松弛及盆筋膜腱弓裂伤,同时修复膀胱膨出,阴道后壁的修复采用缝合子宫复合体向阴道延续的筋膜结构,修复撕裂扩大的肛提肌生殖裂孔及尿生殖隔,修复会阴体,分层重建肛门外括约肌,恢复阴道轴向,缩窄阴道直径,延长阴道,提高阴道静水压,从而达到生理性三水平整体修复和恢复盆腔器官功能的目的,同时改善患者症状及生活质量^[3-4]。近年来对中重度 POP 患者的治疗取得了较好的临床效果,但其并发症的预防和处理也越来越受到泌尿妇科医生的重视。改良全盆底重建术的并发症主要包括术中并发症(如出血和血肿形成、膀胱或直肠损伤、阴道侧壁穿孔等)和术后并发症(如排尿困难、网片暴露与侵蚀、盆底疼痛、POP 复发、新发尿失禁、性交困难或疼痛不适等)。本文将对改良全盆底重建手术并发症的产生

* 基金项目:2020 年云南省教育厅科学研究基金项目(No: 2020J0167)

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原因、预防及处理措施的研究进展作一综述如下。

1 术中并发症

1.1 出血或血肿

术中出血或血肿形成是常见的并发症。改良全盆底重建手术中出血的发生率为 3.3%~5.9%,但出血量>200 mL 的发生率仅有 0.3%~1.0%^[5-6]。术中出血或血肿形成可能有以下几点原因:①术中分离组织及穿刺时损伤盆底血管或解剖变异的血管易导致出血,若出血量较大或血液聚集可能会形成血肿,严重者还可导致失血性休克,危及生命。常见的损伤血管如臀下血管、闭孔血管、髂内静脉丛、尿道旁静脉丛和阴部内动静脉等^[7]。②对解剖结构不熟悉,解剖层次分离不清,需要进行更多的解剖以将网片植入正确的位置,导致分离出血或止血方法不当等^[8]。③患者凝血功能异常或术前服用过抗凝血药物等。因此,手术前需常规完善血常规和凝血功能检查,服用抗血小板药物如阿司匹林等,术前1周需停药,并再次复查凝血功能。轻微出血,多建议直接压迫止血,或术后碘伏纱条填塞阴道 24~48 h,对于主干血管出血,必要时可考虑行髂内动脉栓塞术止血;如形成较大的血肿,可行穿刺引流或血肿切开引流术^[9]。因此,做好术前凝血功能检查的同时,充分熟悉盆底解剖结构,过屈截石体位使闭孔血管上移,术中良好的运用水分离,提高手术技巧,避免术中分离和穿刺时损伤,避免过多的锐性分离和非全层阴道壁分离,保护盆底血管,是预防术中出血或血肿形成的关键。

1.2 膀胱或直肠损伤

改良全盆底重建手术中常见的损伤多为膀胱损伤或直肠损伤。膀胱损伤的发生率为 0.7%~3.7%,直肠损伤的发生率为 0.15%~3%^[10]。其主要原因在于对盆底解剖结构不熟悉,术中分离不到位或出现层次偏差等^[11-12]。术中分离阴道膀胱间隙、阴道直肠间隙或穿刺过程中易出现膀胱直肠损伤,可能是没有掌握好水分离层次,使得水分离层次过深,或未能充分的水分离膀胱子宫间隙便急于穿刺,也有因水分离时水垫过多的注入膀胱肌层或直肠前肌层,出现层次偏差,导致分离时膀胱直肠损伤^[13-14]。改良全盆底重建术中的穿刺大多是“盲穿”,穿刺针的穿刺路径不正确,盆腔粘连或膀胱及直肠解剖位置变异等均会增加盆腔脏器损伤的风险。因此,术前留置导尿管排空膀胱,是防止术中穿刺损伤膀胱的有效措施。

膀胱损伤的处理最重要的是及时发现、尽早治疗。在手术操作过程中,应该时刻观察导尿管中尿液颜色的变化,对可疑的膀胱损伤,应在手术结束前行膀胱镜检查以明确诊断。若系由穿刺针造成的膀胱穿孔,可原路退回穿刺针,术后予以留置导

尿管1周,待其自然愈合即可。如膀胱破口较大,则需行术中修补,术后予以留置导尿管1~2周。如术后发现膀胱损伤,则根据膀胱镜确定损伤程度、部位评估是否行二次手术治疗。

避免直肠损伤的关键是要良好的水垫准备,以及术中充分的器官腔隙分离。手术结束前应常规进行直肠指诊,若出现直肠损伤应即刻修补,术后留置肛管,保持肛门直肠清洁,同时持续禁饮禁食10~14 d,若出现直肠阴道瘘的情况,则需行二期手术择期修补或者造瘘^[15]。

1.3 阴道侧壁穿孔

对于初学者来说,尤其是穿刺下支时常见,术中穿刺完毕后及时检查非常重要,如果发生阴道侧壁穿孔,需退出穿刺针,重新进行穿刺。

2 术后并发症

2.1 膀胱过度活动症与排尿困难

改良全盆底重建术后可出现尿频、尿急等症状,甚至出现排尿困难引起尿潴留。据文献报道膀胱过度活动症(over active bladder, OAB)的发生率约为 28%,与术后感染、网片排异和尿道解剖学梗阻有关^[16]。短期的排尿困难多因阴道前壁血肿或术前存在膀胱功能障碍所致,可予以尿道扩张后,留置 20~22F 导尿管1周,绝大多数可以痊愈。在反复扩张,留置导尿管无效后的持续性排尿困难则需行二次手术治疗。因此术前正确评估膀胱功能,排除合并尿潴留、泌尿系感染或 OAB 等非常重要。

2.2 感染

改良全盆底重建术需要经阴道进行,且植入网片更易发生术后感染,发生率为 0~8%^[17]。多由于术前准备不充分、冲洗和外阴消毒不良,或形成血肿后继发感染。处理多为局部冲洗、消毒,必要时可放置引流,防止感染扩散导致不良后果。术后补片感染需取出整个网片,全身应用抗生素治疗,并根据细菌培养结果调整抗生素使用。

2.3 网片暴露与侵蚀

网片暴露与侵蚀多表现为网片暴露在阴道内或侵蚀入尿道、膀胱、直肠等周围器官,是改良全盆底重建术较为常见的术后远期并发症^[18]。据国外文献报道,网片暴露的发生率为 11.1%~13.1%^[19-20]。通常认为吸烟、肥胖和高龄是网片暴露的主要危险因素,亦与糖尿病、术中阴道壁分离过薄、张力过大、术后感染和过早开始性生活等密切相关^[21]。另外,手术医生的手术技巧与经验也可能影响术后网片暴露的发生^[22]。超过 50%的网片暴露无明显的临床表现,其他常见的症状包括阴道异物感、性交疼痛、阴道分泌物增加甚至出血等,对于小面积的网片暴露可以经阴道直接剪除异物,同时辅助局部涂抹雌激素软膏,待阴道壁创面自行

愈合^[23]。据统计,盆底重建术后网片侵蚀的发生率为 8.13%~30.13%^[24]。如网片侵蚀入尿道、膀胱、直肠等周围器官而出现了血尿、尿瘘或粪瘘等,均需要行手术修补。术前应进行充分地阴道准备,涂抹雌激素软膏以刺激阴道黏膜增厚,术中充分的水分离和精确的分离阴道全层组织,术后使用阴道碘伏纱条充分压迫止血以及避免过早开始性生活等是预防网片暴露与侵蚀发生的有效措施^[25]。对于高龄阴道萎缩的患者,在选择网片手术时更应当谨慎,避免术后植入物的侵蚀。

2.4 盆底疼痛

盆底疼痛是改良全盆底重建术后常见且严重的并发症,其总发病率约为 9.1%^[26]。盆底疼痛主要表现为术后患者阴道、大腿、会阴区、腰骶部的持续性疼痛以及性交痛等,极大的影响患者的生活质量^[27]。轻症患者建议保守治疗,术后常规高锰酸钾温水坐浴,加速水肿消退和瘢痕愈合,多数可自行缓解或口服止痛药缓解,对于难治型疼痛或运动相关的疼痛,甚至需要手术去除网片^[28]。提高手术技巧,穿刺点紧贴耻骨降支尽可能少的穿过大腿内侧肌群,避免盆底神经组织的损伤,无张力的放置和充分的铺平网片,均能有效预防术后盆底疼痛的发生。

2.5 POP 复发

改良全盆底重建术后脱垂复发的客观评定标准为术后超过 6 周再次出现 POP-Q II 度及以上且伴有症状的脱垂,据文献报道发生率约为 10%^[29]。复发多与术者手术技巧不够熟练、手术适应证选择错误、网片放置位置不适合或继发位置改变、网片折皱或排异、术后合并长期增加腹压的慢性病(如慢性支气管炎、哮喘、便秘)等因素有关^[30]。因此,术前必须熟练地掌握手术方法,严格选择手术适应证及禁忌证,加强围手术期的护理,方可降低术后复发的风险。

2.6 新发尿失禁

POP 与尿失禁常常伴随出现,有研究表明,POP 患者中 62.7%同时合并有压力性尿失禁^[31]。盆底重建手术能有效地改善术前尿失禁症状,但也有可能致新发尿失禁,发生率为 11%~40%^[32-33]。多由于患者既往存在耻骨尿道韧带松弛或术前脱垂的器官组织压迫尿道掩盖了压力性尿失禁的症状。改良全盆底重建术恢复盆腔器官正常解剖结构后,改变了尿道轴,解除了尿道机械梗阻,由于耻骨尿道韧带松弛导致术后新发尿失禁或术后压力性尿失禁症状加重^[34]。新发尿失禁轻症患者可先行盆底肌肉锻炼(pelvic floor muscle exercise, PFMT),口服 M-胆碱受体阻滞剂等缓解症状,如症状持续或重症患者可行抗失禁手术治疗^[35]。术前建议完善尿动力学检查,明确诊断是否同时合并

压力性尿失禁,综合评估是否需要同时行抗失禁手术治疗,避免老年人行二次手术的麻烦和风险。

2.7 性交困难或疼痛不适

改良全盆底重建术后出现性交困难或性交痛的比例为 2%~15%,主要与术中阴道后壁修补狭窄过紧、术后发生感染、网片挛缩、严重纤维化、术后阴道瘢痕形成和网片暴露等因素有关^[36-38]。性生活质量及性生活满意程度越来越受到医生和患病群体的高度重视,尤其对于<60 岁的脱垂患者^[39]。因此,对于性活跃期的妇女,术前进行详细的性生活质量评估以及对性生活的预期愿望评估,综合选择合适的手术方式尤为重要。

3 小结

改良全盆底重建手术是治疗中重度 POP 的有效手段,具有更高的解剖治愈率,远期疗效显著,但其并发症亦会严重影响患者的生活质量和心理健康。近年来,国际上对盆底网片有不同的意见,有些学者认为与并发症相比,盆底网片手术患者获益减少甚至生活质量更差,不建议行盆底网片手术。因此,明确临床诊断、完善术前评估、正确选择手术方式、规范术中操作、严密的术后处理及临床随访对于提高手术成功率,降低手术并发症的发生率至关重要。

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(收稿日期: 2020-05-16)

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(收稿日期: 2020-03-30)