

« Pudendoscopy » and its use  
during transperineal pudendal  
nerve decompression

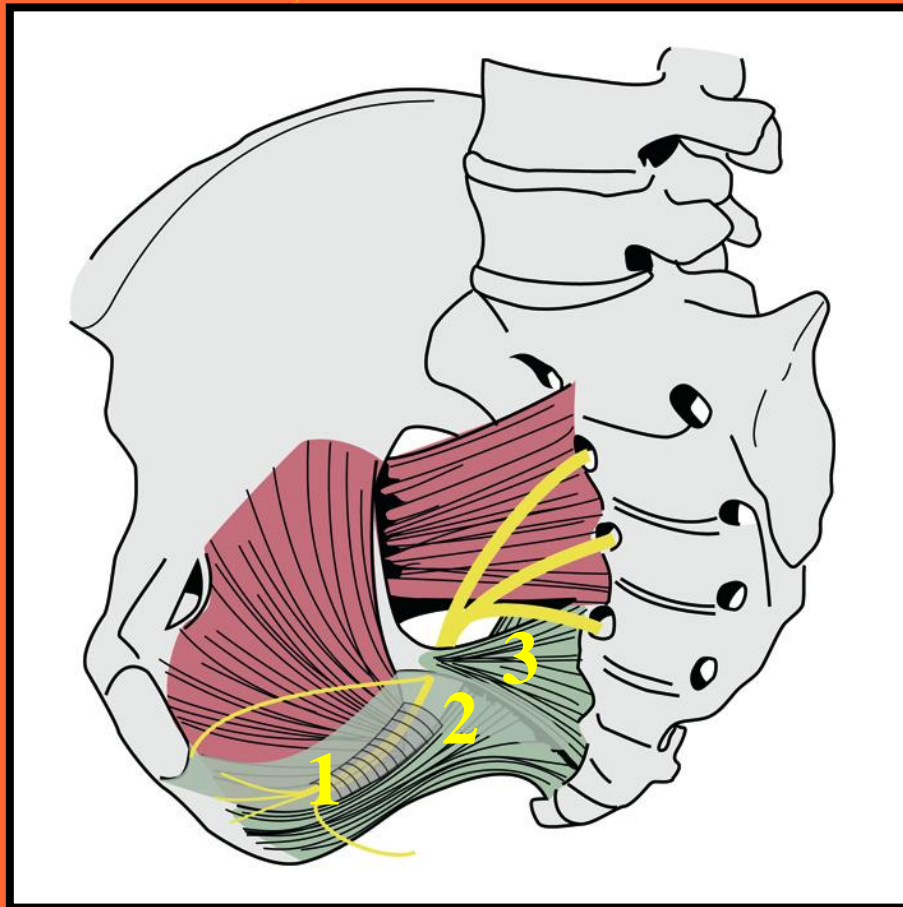
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[www.pudendal.com](http://www.pudendal.com)

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# Specifications for a surgical release of the pudendal nerve



## Release of the nerve from the sacral roots to the transverse muscle

1. Alcock's canal: perineal and rectal branches
2. *Fascia lunata*
3. Sacrospinous ligament
4. Nerves through the ligament ?
5. Transposition of the nerve

# Results

Age: mean 53 years (extr. 22 – 78 )

Number of patients: - total: 32

- males: 5

- females: 27

Period: January 2009 => August 2010

Side operated: - 26 Bilateral

- 4 Left

- 2 Right

Exclusion: associated procedures or redo surgeries

Follow-up: mean 15 months (extr. 3 – 24 )

# Results

	Before	Failure	Improved	Cured
<b>Pain</b>	32	12 ( 2 worse )	13 (at least - 25%)	7 (0-1/10)
<b>Urge inc</b>	6	2		4
<b>Frequency (&lt;120 min)</b>	15	2	3	10
<b>Painful bladder</b>	12	5		7
<b>Anal inc</b>	19	3	8	8
<b>Dyspareunia</b>	10	3	1	6
<b>SAS</b>	8	1	1	6
<b>Proctalgia</b>	9	2	2	5
<b>Impotence</b>	3	1	1	1
			<b>P values</b>	
<b>Pain (visual scale)</b>	6,59/10	4.28/10	0.000006	

# Results

	Before	After	P values
<b>Urinary Incontinence ICIQ-SF ( N=9 ; &gt;0 )</b>	6.11	4.22	0.04
<b>Anal Incontinence St Marks ( N=21 ; &gt;0 )</b>	4.85	2.9	0.008
<b>Constipation Wexner ( N=27; &gt;0 )</b>	8.77	6.40	0.04
<b>NHI-CPSI total ( N=27 )</b>	31 / 44	20.66 / 44	0.000003
<b>NHI-CPSI / pain</b>	15.6 / 22	10.55 / 22	0.00005
<b>NHI-CPSI / urinary</b>	4.62 / 10	2.88 / 10	0.001
<b>NHI-CPSI / QoI</b>	10.7 / 12	7.22 / 12	0.000008

# Results

	Before	After	
<b><u>3 Clinical Signs</u></b>			
Abnormal Sensibility	41	23	
Positive Skin Rolling	39	23	
Painful pudendal nerve (> 3/6)	48	16	
<b><u>Perineocaliper</u></b>			<b>P values</b>
Perineal Descent (N= 5; >1cm)	1.7	0.9	0.002
At Rest	0.5	0.4	ns
Straining	-1.2	-0.5	0.003

# Conclusion

Pudendal nerve decompression under endoscopic control can cure or improve

Perineodynia	62 %
Urge incontinence	66 %
Frequency	86 %
Painful bladder	58 %
Anal incontinence	84 %
Proctalgia fugax	77 %
Sexual arousal syndrome	87 %
Impotence ????	66 %

**More information :**

<http://www.pudendal.com>