



# Forgotten Pesar Ring in the Vagina: Case Report

## Vajinada Unutulmuş Peser Halkası: Olgu Sunumu

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### Abstract

An 88-year-old multiparous patient was brought to the clinic by her relatives because of vaginal bleeding and bad smell. There was no known condition in her medical history. A hard structure was observed during the examination. The speculum was observed on the deformed pessary ring attached to the surrounding vaginal tissue. The patient was hospitalized. The forgotten pessary ring was cut with an iron cutting tool without damaging the surrounding tissues and removed from the vagina without any complication. She was discharged with cure after intravenous antibiotic treatment. Pelvic examination should be performed carefully in elderly patient groups considering the possibility of forgotten pessary.

**Keywords:** Pessary, forgotten pessary, bad smell vaginal discharge

### INTRODUCTION

Pelvic organs prolapse is a biopsychosocial health problem that affects nearly half of women.<sup>[1]</sup> Pessary ring is a frequently used non-surgical conservative treatment method for pelvic organ prolapse. In elderly cases where surgery is contraindicated, pessary treatment is a very advantageous treatment method, as it is non-invasive, economical and has immediate effect.<sup>[2]</sup> When follow-up and care is not regular, it may present with various complications that even lead to death. The most common complications are pelvic pain, bleeding, and bad odor. In our case, the complication of an infected pessary ring that had been forgotten for more than 5 years, causing isolation from social life, was reported.

### CASE

An 88-year-old multiparous patient, who was isolated from social life due to vaginal bleeding and bad odor, was brought to the polyclinic by her relatives. She had no known illness in her history. During the examination of the patient,

### Öz

88 yaşında multipar hasta vajinal kanama ve kötü koku nedeniyle yakınları tarafından polikliniğe getirildi. Özgeçmişinde bilinen bir rahatsızlığı yoktu. Hastanın yapılan muayenesinde ele gelen sert bir yapı izlendi. Spekulum ile bakıda çevre vajen dokuya yapışık deforme olmuş peser halkası izlendi. Hasta kliniğe yatırıldı. Unutulmuş peser halkası çevre dokulara hasar vermeden demir kesici alet ile kesilip parçalanılarak vajenden komplikasyonsuz şekilde çıkarıldı. İntravenöz antibiyotik tedavisi sonrası şifa ile taburcu edildi. İleri yaş hasta gruplarında unutulmuş peser ihtimalini göz önünde bulundurarak pelvik muayenenin dikkatli yapılması gerekir.

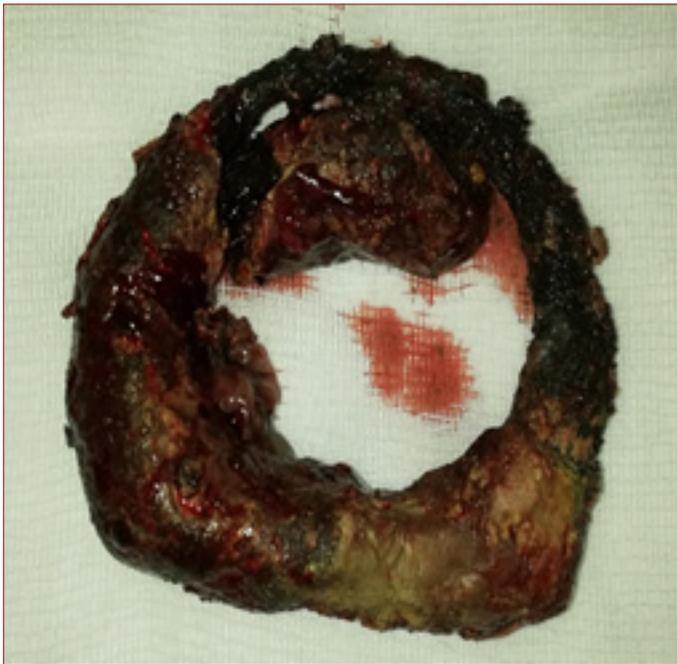
**Anahtar Kelimeler:** Peser, unutulmuş peser, kötü kokulu vajinal akıntı

severe anaerobic foul-smelling purulent vaginal discharge, bleeding, and a hard palpable structure were observed. When examined with a speculum, a deformed pessary ring was observed attached to the surrounding vaginal tissue. When the patient and her relatives were questioned again, it was learned that they went to the gynecology and obstetrics clinic more than 15 years ago and had a pessary inserted due to uterine prolapse, and that they had not been to a doctor's examination since then. Body temperature is normal, no abdominal or adnexal tenderness was observed on physical examination. Serum leukocyte count was 15,400, C-reactive protein (CRP) was measured as 33 mg/L, and procalcitonin was measured as 0.202 ng/mL (>0.05). Although the pessary ring was highly adhesive, especially on the posterior wall, it was deeply infiltrated into the peripheral tissues.

The patient was admitted to the clinic. Since the patient had active vaginal bleeding, after the first dose of antibiotic therapy, the pessary ring was removed



from the vagina under sterile conditions by blunt and sharp dissections, the aluminum ring inside was cut and fragmented with an iron cutting tool, without damaging the surrounding tissues (**Figure 1**). No urinary or gastrointestinal complications occurred during the procedure. The cervix could not be evaluated clearly. The vagina was washed with plenty of povidone-iodine and physiological saline. In antibiotic therapy, 3\*500 mg intravenous Metronidazole was administered. After the procedure, the vagina was washed twice a day with plenty of povidone-iodine and physiological saline. During the patient's rectal examination, approximately 6 cm of hard tissue was palpated adjacent to the vagina. Because the patient's kidney function tests were high, non-contrast pelvic magnetic resonance imaging was performed, and when reported, the mass could not be fully identified. It was planned to take a biopsy, but the patient refused. He was discharged with full recovery after three days of hospitalization.



**Figure 1.** The metal ring inside the pessary ring can be seen at 12 o'clock.

## CONCLUSION

Pessary rings in the treatment of uterine prolapse have been described in the literature since the time of Hippocrates. Rubber, plastic, silicone etc. It is made of different materials such as. Foreign bodies in the vagina can be present for a long time without any symptoms, but when deeply embedded they cause life-threatening complications.<sup>[5]</sup> Clinical symptoms in reported cases of pessary rings forgotten for a long time; These were foul-smelling vaginal discharge and irregular vaginal bleeding. Since the foreign body is covered with granulation tissue and pus, it is often difficult to separate it from other tissues.

Treatment with antibiotics and washing with antiseptic solution before removal have been shown to be helpful. Difficulties in removing an embedded pessary ring have been reported in almost all cases, and there is no specific technique described. Traction with various instruments has been described, along with dissection and rotation. In the present case, the tissue covering the metallic ring was gently dispersed and the ring was removed with traction. Forgotten pessary ring complications include chronic vaginitis, ulceration and metaplasia, and vaginal cancer.<sup>[3]</sup> Other complications include vesicovaginal, rectovaginal fistula formation, intestinal obstruction, urinary tract infection, and hydronephrosis.<sup>[4]</sup> In our case, it could not be ruled out whether the mass observed was a cervical malignancy with a possible infiltrative basis because the patient did not want further examination. We should not forget that if the follow-up and maintenance of the pessary ring, which is used safely as a conservative treatment in patients where surgical treatment cannot be performed, is not followed regularly, we may encounter various complications that can even lead to death.

## ETHICAL DECLARATIONS

**Informed Consent:** All patients signed the free and informed consent form.

**Referee Evaluation Process:** Externally peer-reviewed.

**Conflict of Interest Statement:** The authors have no conflicts of interest to declare.

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