

# Bartholin Cyst Surgery

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

A Bartholin cyst is an enlargement of the Bartholin gland, located on each side of the vaginal opening. Surgery will open and drain this gland to relieve discomfort.

## Before the Procedure

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Your Incision

- Take a warm, clear, 20-minute bath 2 to 3 times a day to aid in healing and comfort.
- There may be a small amount of pink drainage. You may want to wear a pad to protect your clothing.
- Follow any directions your health care provider gives you.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- Use ice for the first 24 to 48 hours while you are awake. Using ice will help reduce pain and swelling.
  - Place a cloth between your skin and the ice.
  - Use the ice for 30 minutes and leave it off for 30 minutes.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink more fluids and eat more fiber to prevent constipation.
- Avoid alcohol if you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- any new or increased pain not relieved by pain medicine
- any signs of infection:
  - increasing redness
  - swelling
  - tenderness
  - warmth
  - change in appearance or increased drainage
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.