



Mercy Health
Care first

Your important health information

Bartholin's cyst

Bartholin glands are located at the entrance to the vagina, one on each side. They are a bean-sized structure that make mucous. Cysts commonly result through a blockage of the duct draining these glands. Treatment usually involves a small cut and drainage; this procedure will happen in the operating theatre

After your procedure

- Keep the area clean and dry. Air dry or dab dry with a towel.
- No sexual intercourse for two weeks to reduce risk of re-infection and to assist healing.

Should you experience pain/discomfort

Following the procedure you may have mild pain.

You can take two tablets of paracetamol 500mg every four to six hours if you are uncomfortable.

You last had paracetamol at _____ am/pm.

Do not take any medications containing paracetamol until after _____ am/pm.

Do not take more than 8 tablets containing paracetamol in a 24 hour period.

If you are able to take anti-inflammatory medications, ibuprofen can also be taken if needed for pain relief. Take two tablets of 200mg ibuprofen, with food, up to three times a day when needed.

You last had anti-inflammatory medications at _____ am/pm.

Do not take any more anti-inflammatory medications until after
_____ am/pm on ____/____/____.

Stop taking anti-inflammatory medications if you are dehydrated, experience reflux or heartburn.

Some over-the-counter products contain paracetamol/ibuprofen in combination with other medications such as cold and flu tablets. Check with your doctor or pharmacist.

Do not take aspirin or aspirin containing medications (unless told to do so by your doctor).

If you experience any of the following, please contact the hospital:

- unrelieved or excessive pain
- offensive discharge
- symptoms of fever.

In the 24 hours after surgery you must not:

- drive a motored vehicle
- go to work
- be the sole carer for another person
- drink alcohol
- make major decisions or sign legal documents
- operate machinery
- engage in sports.

It is required that you have a responsible adult to stay with you overnight.

If you are worried, contact:

- your general practitioner (GP)
- or
- NURSE-ON-CALL on 1300 60 60 24.

In an emergency:

- call 000 for an ambulance
- or
- go to your nearest emergency department.

Please make an appointment with your general practitioner (GP) for review.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Day Surgery Unit

Monday-Friday 9:30am-6pm

Phone: 03 8458 4104

Acknowledgements

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