



## ***Your important health information***

# **Bartholin's cyst**

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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.

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

Any concerns please contact the Mercy Hospital using the phone numbers below.

#### **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

Emergency Department  
After hours  
Phone: 03 8458 4000

#### **Acknowledgements**

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