

Contact information

If you have any concerns please do not hesitate to contact:

Sanderson Suite 01744 646089/646098

Ward 3E Gynaecology, Whiston Hospital (24 hour contact)
01514301522

If you require urgent medical advice that is not an emergency you can call NHS 111 or attend your local urgent care centre/ walk in.

In the event of an emergency, please attend your nearest A&E department.

Further information

[Bartholin's cyst - Treatment - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Sanderson Suite – 01744646098

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Bartholin's Cyst

Postoperative advice leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is a Bartholin's Cyst?

A Bartholin's cyst, also called a Bartholin's duct cyst, is a small fluid-filled sac just inside the opening of the vagina.

Symptoms of a Bartholin's cyst can include a soft, painless lump which may not cause any issues, however, if the cyst grows very large, it can become noticeable and uncomfortable.

You may feel pain in the skin surrounding the vulva when you walk, sit down or have sex.

The cyst can sometimes affect the outer pair of lips surrounding the vagina (labia majora).

One side may look swollen or bigger than usual.

If the cyst becomes infected, it can cause an abscess to develop in one of the Bartholin's glands.

Signs of an abscess include the affected area becoming red, swollen, tender and hot.

It can also cause a high temperature.

If symptoms persist it may require surgical intervention to remove the cyst.

This is the procedure you have had today.

Post operative advice

Bleeding - if bleeding does occur apply pressure to the affected area for 10 continuous minutes with gauze provided. If bleeding becomes heavy or does not stop - seek medical advice.

Infection - if the area becomes red, hot to touch, there is discharge coming from the post op wound, or any fever, please seek medical advice as the wound may be infected.

To help the **wound heal** and reduce the risk of infection after surgery, you are advised to avoid:

- Having sex for up to 4 weeks
- Refrain from using tampons for up to 4 weeks. Change pads regularly.
- Refrain from using perfumed bath products for up to 4 weeks.
- You are able to drive after 24 hours post general anaesthetic, however it is your responsibility to ensure you are fit to drive and can perform an emergency stop without hesitation. Driving whilst unfit will invalidate your insurance.