

Patient information

Bartholin's Cyst

What is a Bartholin's cyst?

The Bartholin glands lie at the entrance to the vagina. They produce fluid which lubricates the vagina through a small duct in each gland. A cyst may form if the duct becomes blocked and if the cyst becomes infected an abscess may form.

Approximately one in every 50 women develops a Bartholin's cyst or abscess. It can affect anyone, though it is more common in sexually active women at child-bearing age. In most cases the cause is unknown and there is little that can be done to prevent it.

Marsupialisation: During this procedure, a small cut is made in the abscess and gland to allow the fluid to drain and then sewing the edges of the surrounding skin. This allows the incision to stay open so it can heal and the contents of the abscess can continue to drain. This helps to prevent another abscess from forming later as it allows for normal secretions from Bartholin's gland to drain. This cut will heal by itself eventually.

A sample of the tissue may be sent to pathology for examination. If so, the results will be sent to you. This usually takes 3 - 4 weeks.

Following your surgery

Stitches will be dissolvable and do not need to be removed.

- You may have a quick bath / shower after 24 hours, thereafter daily. Plain water is best. Do not rub the wound dry, pat dry or use a hairdryer.
- Dressings: you may have some gauze swabs over the wound and a pad for your underwear. It is advisable to wear soft pads while healing is taking place.
- There may be some blood loss from the wound. If the wound bleeds heavily put the gauze swabs over the wound and press for five minutes. This should stop the bleeding.
- You may experience some mild to moderate pain which can be relieved by taking

painkillers such as paracetamol and ibuprofen or other similar pain-relieving medication.

- To reduce the risk of infection, please use sanitary towels or panty liners **not tampons** until your next period. These should be changed regularly.
- Do not have sexual intercourse for 2 weeks to allow healing to take place.
- It is quite normal for the operation site to feel sensitive and bruising to be present.

Special instructions
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If your procedure is straightforward you will not routinely return for an outpatient appointment and will be returned to the care of your GP.

Return to work

Contact your GP or GP out-of-hours service

If where the cyst was removed becomes:

- Increasingly red, hot and / or produces a discharge - you may have an infection.
- If you bleed heavily
- Abnormally swollen or bruised
- If you have severe pain

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the gynaecology ward on 01284 713235 / 713236. Please have your hospital number on the discharge letter available.

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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