



POST BARTHOLIN CYST HOME INSTRUCTIONS

Activity:

No vigorous activity - remain quiet the rest of day

No sexual activity until OK'd by doctor

Diet:

Light food on day of surgery. Resume regular diet by next day or as tolerated.

Pain:

You may experience some mild discomfort.

Take pain medication as directed by your physician.

Symptoms to Watch:

Burning and stinging may be experienced with urination.

After urination, cleanse area by pouring a cup of warm water across incisional area and patting dry with toilet paper or use a blow dryer.

Ice to perineum may help relieve discomfort.

Dressing:

Wear sanitary napkins to protect clothing

Expect small to moderate amount of drainage

If drain or packing is present, do not remove unless ordered by physician.

Follow-up:

Call us from home to make an appointment, if one has not been made.

Symptoms to Report to us:

1. Excessive bleeding
2. Chills and/or temperature above 100 degrees.
3. Severe pain not relieved by medication.
4. Excessive swelling at site of operation.