PERIOPERATIVE SERVICES

Post-Operative Instructions

Marsupialization Bartholin Gland Surgery

PAIN:

You may experience some discomfort for 24 to 48 hours. For mild to moderate discomfort you may wish to take Acetaminophen (Tylenol™) or Ibuprofen (Advil™). Your surgeon may give you a prescription for pain medication. Please use as instructed.

OPERATIVE SITE:

You will have some pink clear discharge from the incision area following your procedure. Small amount of bleeding is normal.

ACTIVITY:

Resume your daily regular activities as tolerated. Avoid sexual activity until your incision area is completely healed/examined and as advised by your surgeon. Please speak with your surgeon at your follow-up appointment if you have any concerns about sexual activity.

DIET:

Resume your regular diet after your surgery. Increase the amount of fiber in your diet and drink plenty of fluids to avoid constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase a mild laxative if needed, speak with your community pharmacist.

FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

ADDITIONAL INFORMATION:

After urinating wipe from front to back. Have a sitz bath 3 times daily and after urinating. You may purchase a sitz bath at your local community pharmacy or use your bathtub. If you are using a bathtub instead of a sitz bath, make sure you clean and disinfect the tub before using. Avoid using a hot tub.

**Call your surgeon or go to the Emergency Department if you have any of the following:**

* Elevated temperature (38.C or 100.4 F) and/or chills lasting 24 hours
* Foul smelling (yellow green) discharge from operative site
* Severe pain not controlled by pain medication

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.