

Introduction

Bartholin Cyst is a small fluid-filled sac inside the opening of the vagina. It occurs when a Bartholin's gland is blocked and the gland becomes infected or inflamed by bacteria. During the acute stage an abscess may form. Marsupialization is a surgical procedure that will create a small pouch which allows the fluid to drain out. The expected outcome of this procedure is to drain any fluid or pus inside the cyst or abscess and to prevent recurrence.

The Procedure

1. The operation is performed under local or general anaesthesia.
2. Lithotomy position is required.
3. Make a small cut in the cyst to drain out the fluid or pus.
4. The edges of the skin are stitched to make a small "kangaroo pouch".

Preoperative Preparation

1. Admit 1 day before or on same day of this "elective" operation.
2. Anaesthetic assessment. **Inform your doctors** about drug allergy, your regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication, antibiotic prophylaxis and intravenous line may be required.
6. Shaving of the operation site may be required as prescribed.

Postoperative Instruction**General**

1. Mild throat discomfort or pain because of intubation.
2. Mild discomfort or pain over the operation site. Inform nurses if more analgesics are required.
3. Nausea or vomiting are common; inform nurses if symptoms severe.
4. Can mobilize and get out of bed 6 hours after operation.

Wound care

1. You should keep the area clean and dry after daily shower.
2. You may notice a small amount of bleeding or weeping from your wound for a few weeks.

Diet

Resume diet usually 4 hours after anaesthesia when taking sips of water well.

Common Risks and Complications (not all possible complications are listed)**Anesthesia related**

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

Procedure related Infection, Bleeding, Recurrence of cyst.

Risk of Not Having the Procedure

May develop cyst complications like haemorrhage and rupture.

Things to take note on discharge

1. Contact your doctor or the Accident & Emergency Department if you find increasing pain or redness around the wound and discharge from the wound.
2. Take analgesics prescribed by your doctor if required.
3. Sanitary pads (not tampons) may be used for a few weeks for the vaginal discharge.
4. Sexual activities can be resumed after four weeks.
5. You can take a bath or shower as normal. Please avoid long soaks in the bath and bubble baths, oils or talcum powder while the wound is healing.
6. Do not use perfumed bath products until you are fully healed.
7. You should avoid tight fitting pants until you are pain free.
8. Avoid swimming for at least two weeks, until you are fully healed.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Healthline: "What to expect from marsupialization" (2020) <https://www.healthline.com/health/marsupialization> (25-07-2023)