



MALCOLM FRAZER
GYNAECOLOGIST
UROGYNAECOLOGIST

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REMOVAL OF VULVAL CYST

Definition

Surgical removal of a cyst on the vulva (the outer lips of the vagina).

Following your Surgery

You may shower as usual, but avoid baths, spas, or swimming for 2 weeks. Do not use tampons or have intercourse until all pain and swelling has gone. Take some sanitary pads with you to wear after the procedure.

You are advised to apply ice packs to your labia every 20 mins for the first 24hrs. Simple painkillers such as 2 paracetamol every 6 hours should be sufficient to control pain. You are advised to have salt baths for a couple of days after surgery, 3 times a day.

Possible Risks and Potential Complications

Any operation is associated with some potential risks of bleeding, infection, thromboembolism (blood clots). Risks are increased in certain instances, eg. obesity, high blood pressure, diabetes, previous surgery and in smokers.

Notify Dr Frazer if....

Any of the following occurs:

- Bleeding from the operation site.
- A temperature or vaginal discharge that is offensive or increasing pain that is unrelieved by simple analgesia.