

Minor Gynaecological Procedures

Information for patients

Please contact a member of nursing staff at the appropriate day unit if you wish to discuss your operation before your admission to hospital. (Contact numbers can be found at the end of this leaflet)

The Procedures

Vulval biopsies

This procedure involves taking small samples of tissue (skin) from the vulva (the area outside the vagina). The samples are then sent for analysis.

Excision of Bartholin's cyst/abscess

This procedure involves the excision of a cyst near the labia (skinfolds outside the vagina) and may include the drainage of an abscess, if there is one.

Fenton's operation

This operation involves surgical correction of the opening of the vagina.

Before your Operation

You will be having a general anaesthetic, so you will have a pre-screening appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- Medical history
- Current medication
- Home care arrangements after you have been discharged from hospital.

Please use this opportunity to ask any questions about your surgery and after-care. Where possible, the nurse will arrange a mutually convenient date for your surgery. S/he will also give you instructions about preparing for your operation, which will include advice about:

- Having a bath or shower before you come to the hospital
- Eating and drinking
- Taking your normal medication, if appropriate
- Returning to work after surgery

On the day of Surgery

You should have a bath or shower before you come to hospital.

If you wear contact lenses, you will need to remove them before your operation. Please bring your spectacles or an extra pair of contact lenses with you.

On admission to the unit you will be greeted by a nurse who will check that your details are correct.

The surgeon and the anaesthetist will talk to you and you will be invited to ask any questions you may have.

A member of staff will escort you, as you walk to the operating theatre.

Following your operation

You will be transferred to the ward area where nurses will continue to monitor your condition. If you experience any discomfort, please inform the nurse looking after you, so that pain relief can be given.

As long as you do not feel sick (after a general anaesthetic) you will be encouraged to have something to eat or drink, prior to going home.

After about 1-2 hours, if the nurse feels you are sufficiently recovered, you may be discharged home.

Immediately after the operation, the doctor will explain what he has found. If biopsies (small samples) or polyps (lumps) have been taken, it will be several weeks before the results are available. In this case, you will be sent an outpatient appointment in the post, or be telephoned to advise you of the results.

Care at home

You may be prescribed painkillers to take home with you. Please take only as directed on the packaging. If these have not been prescribed, you may need to take a mild pain-relieving tablet such as aspirin or paracetamol, whichever you prefer.

If you have not passed urine within six hours of discharge from the Unit, please telephone the Unit or go to the A&E Department at your local hospital.

Your wound will probably have dissolvable stitches, if necessary. These do not need removing.

You should mobilise gently, gradually building up to normal activities. You should avoid sexual intercourse until the operation site has healed.

You should use sanitary pads, and not tampons, in order to reduce the risk of infection.

You may drive when you feel you can safely perform an emergency stop. This will not be for the first 48 hours following your surgery. Please check that your insurance policy does not prohibit you from driving for a longer period, following general anaesthetic or surgery.

Please ask the nurse, if it will be necessary to take time away from work.

Possible complications

Minor

- Slight oozing of blood from the vulva
- Infection in the vagina (Fenton's operation)
- Recurrence of Bartholin's cyst/abscess

Moderate

- Moderate blood loss from the vulva

Major

- Significant blood loss

Please contact your GP, if you develop:

- A temperature
- Fresh bleeding or bruising
- Vaginal discharge which has an unpleasant smell
- Prolonged or severe pain

You last had painkillers at:

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If you have any problems or cause for concern please contact:

Your General Practitioner

The relevant Day Unit:

David Beevers Day Unit, St James's Hospital: **0113 206 5786**
(Monday 8:00am - Friday 20:00pm inclusive)

Wharfedale General Hospital Day Unit: **0113 392 1710**

Gynae Assessment Unit: **0113 206 5724**

Further information is available from our website:

www.leedsth.nhs.uk/patients/day_surgery



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