



HALTON UROLOGY

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Discharge Instructions for Vaginal Surgery

An excision of a peri-urethral cyst is a procedure performed to remove a cyst that is either causing you to have symptoms or is bothersome cosmetically.

Activities and ambulation: Rest on the day of surgery. The day after surgery, you should be able to return to normal activities (except for heavy lifting and exercise). You may climb stairs and go for walks. You can usually return to work within a few days to a week based on whatever you are able to tolerate. You may have a shower the day after surgery. Avoid soaking the surgical area until the cuts are healed.

Diet: You may eat and drink whatever you wish after surgery. Alcohol consumption in moderation is acceptable. Adjust your diet so that you avoid constipation. If you do become constipated, please ask your pharmacist for an over the counter medication (e.g. docusate sodium, Senokot, bisacodyl, milk of magnesium). It is very important to ensure that you are having regular bowel movements.

Pain: You may have some pain during the first week after surgery and mild discomfort for the first few weeks. You will have a prescription for pain medication or you may take an over-the-counter pain reliever such as Ibuprofen.

Sexual Activity: You should avoid sexual activity for 2-3 weeks and resume when you are comfortable doing so and when the vaginal stitches have fallen out or dissolved.

Wounds: You will have a small incision in the vagina that is closed using dissolvable stitches. Expect some light vaginal spotting for a few days after surgery. It may be pink, yellow or yellow-brown. If some pieces of suture (stitch) material come out, this is part of normal healing. Avoid use of tampons for 1 week after surgery.

Follow-up Appointment: My office will contact you with a follow-up appointment time and date. This appointment will usually be 4-6 weeks after the date of surgery.

When to Seek Medical Attention:

- Unable to pass urine for more than 4-6 hours in spite of drinking fluids
- Burning on urination, frequent or foul smelling urine, blood in the urine
- Chills or fever over 38 degrees C (101 degrees F)
- Severe pain that is not relieved by pain medication
- Persistent or heavy vaginal bleeding or discharge from the vagina

For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.

**Updated Sept 2019*