

Fentons Procedure

Day Surgery Unit

Surgical Short Stay Unit

Gynaecology Outpatient's Department



Patient information leaflet

What is a Fentons Procedure?

A Fentons procedure is performed to remove scar tissue or an area of constriction around the back entrance of the vagina.

This procedure can be performed by making a cut at the entrance of the vagina on the back wall. This procedure can also be done with a laser.

Why do I need a Fentons Procedure?

The procedure is required when the vagina is tight, making sexual intercourse difficult and uncomfortable. This may be because of:

- Scar tissue following episiotomy (cut) during childbirth.
- Vaginismus (tightness of the vaginal muscles).
- Scar tissue following other gynaecological surgery.

Are there any alternatives?

Tightness of the vaginal muscles can be due to psychological problems related to sexual intercourse. You may have already explored this option with counselling.

Vaginal trainers can be helpful and are usually introduced before surgery becomes an option. Vaginal trainers vary in size. Their function is to gradually stretch the vagina using the smallest size first, working up to the largest size over a period of a few weeks.

After your procedure

Wound care

Keep the area clean and dry to help prevent infection.

Avoid the use of talcum powder or perfumed bath products when washing, showering and then dry carefully (you may find it more comfortable to dry your wound area with a cool hairdryer). A shower is more advisable than a bath until the wound has healed as you are at less risk of getting an infection.

You will have stitches which are dissolvable. Threads may come away and appear on your sanitary towel or underwear for the first couple

of weeks, which is quite normal. Sometimes stitches that are non dissolvable are used, an appointment will be made for you to come back and have them removed.

Will there be any bleeding/discharge?

You may notice some bleeding or discharge from the vagina for a few days. Use sanitary towels, not tampons until your next period. If your bleeding or discharge becomes heavy or offensive-smelling, contact us or your GP for advice. You may notice some swelling following your surgery. This is normal and will gradually disappear after a few days.

Will the procedure be painful?

The wound area may feel tender and sore. You will be provided with painkillers as required while on the Unit. You are advised to continue taking these until necessary.

When can I drive?

You must not drive for 24 hours following your anaesthetic. After 24 hours you may drive when you feel comfortable to do so.

When can I resume work/activity?

You may return to work when you feel able to perform your job properly. However, you are advised not to work on the day following your surgery to allow recovery from the anaesthetic. Avoid swimming for at least two weeks, until you are fully healed.

Sexual intercourse

You are advised to refrain from penetrative sex until you have had your check-up and you feel comfortable.

Will I have a follow-up appointment?

A follow-up appointment will be required. The nurse will tell you when this is prior to discharge.

Reference source

www.ouh.nhs.uk/patient-guide/leaflets/files%5C101230fentons.pdf

Contact details

If you require further information or advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday–Friday, 8am–6pm)

Surgical Short Stay Unit

Telephone: 01483 406828 (Monday–Friday, 8am–6pm)

Gynaecology Outpatient's Department

Telephone: 01483 571122 **ext** 4173 (Monday–Friday Answerphone)

Out of hours advice

Telephone: Call 111 (formerly NHS Direct)

Website: www.nhsdirect.nhs.uk (Information on a range of women's health topics, plus an online enquiry service.)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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