



Patient Information

Care After a Vulval Biopsy

You have had a vulval biopsy today, below is some further information and instructions for you to follow.

A small sample of skin (vulval biopsy) has been removed today, the sample will be sent for examination in the laboratory. The local anaesthetic will begin to wear off about 30-40 minutes after the operation. If you experience any discomfort from your wound, you can take simple painkillers such as paracetamol to help with this, ensure they do not interact with any other medication you may be taking.

Getting the Results/follow up

You should receive a letter by post four to six weeks after the biopsy has been taken. This letter will inform you of the results and if / when you need to be seen in the clinic again. An appointment will be enclosed if you need to return to the clinic.

Aftercare

You should have a bath or shower each day to ensure the area is kept clean, but avoid soaking in the bath. It is important the area is dried thoroughly afterwards. You should avoid scented soap, shower gel or bath foam while the area heals.

You may have some discomfort or pain around the area for two to three days after the procedure. You can take some simple pain relieve such as paracetamol as per the instructions on the packet.

You may find it more comfortable to avoid tight fitting under garments or trousers for a few days after the biopsy has been taken.

You may have a small amount of bleeding or yellowish discharge from the site of the biopsy. It is advisable to wear a sanitary pad to protect your underwear.

You should observe the area for signs of infection: inflammation, swelling or a strong smelling discharge from the biopsy site. If these symptoms occur you can telephone Women's Outpatients Unit (the contact number is at the end of the leaflet) for advice or make an appointment with your own General Practitioner/Practice Nurse.



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You may have stitches to the biopsy site, the doctor or nurse will advise you if this has occurred. These stitches dissolve but can take up to six weeks to do so.

You should avoid sexual intercourse until you feel comfortable.

You should avoid strenuous exercise such as running or aerobics until you feel comfortable to do so.

Signs of infection: what to look out for

It is expected that your wound will be slightly red and tender to touch for the first couple of days after your surgery, but if the wound becomes **very painful, very hot, very red and swollen, please contact your General Practitioner** as soon as possible, as these may be signs of infection and you may need antibiotics.

If you have any questions about your appointment or need to change the date or time, please contact:

Booking Centre	01793 604820 Monday - Friday 8.30 - 17.00
Women's Health Outpatients	01793 605252 Monday - Friday 8.30 - 17.00
Gynaecology Reception	01793 604980 Monday - Friday 8.30 - 17.00

NHS Choices Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

www.nhs.uk

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Women & Children's
Department: Gynaecology
Approved Date: 26 September 2019
Next Review Date: October 2022
Document Number: W&C - PIL0080