Directorate of Women’s Services

Advice following a vulva biopsy

A small sample of skin (vulval biopsy) has been removed today, the sample will be sent for examination in the laboratory.

This leaflet provides information about what to do following your vulval biopsy. If you have any further questions please ask a member of staff.

Getting the Results/follow up

You should receive a letter by post 4-6 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 2-3 days after the procedure. You can take some simple pain relief 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 the Women’s Health Unit (the contact number is at the end of the leaflet) for advice or make an appointment with your own GP / Practice Nurse.
• 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.

Useful address and websites:

Vulval Pain Society
PO Box 7804
Nottingham
NG3 5ZQ
www.vulvalpainsociety.org

British Society for the Study of Vulval Diseases
www.bssvd.org

If you have any questions please do not hesitate to contact the staff in the Women’s Health Unit on 0191 282 0140 within working hours
Monday to Friday
Fax: 0191 282 5731

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone 0800 032 02 02 or e-mail northoftynepals@nhct.nhs.uk

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