

Vulvar Biopsy – After Care

Why was it done?

A vulvar biopsy is done to diagnose specific skin conditions and/or to rule out possible cancer in suspicious looking lesions.

Where was my biopsy taken?

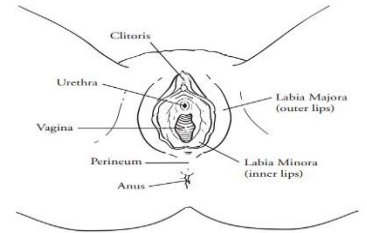
What can I expect after my biopsy?

Pain: You may have discomfort or pain at the biopsy site when the local freezing wears off (usually 2-3 hours after the biopsy). You can take acetaminophen (Ex. Tylenol) 1000mg orally every 6 hours and ibuprofen (ex. Advil) 400mg orally every 6 hours as needed for pain.

Bleeding: A clotting agent (Monseal's solution) may have been used to stop bleeding and can leave a yellow or black residue. You may notice light spotting from the site.

Itch: You may have some mild itching or swelling as the area heals over the next 1-2 weeks.

Stiches: If you have a stitch, it will take 2-3 weeks to dissolve. You do not need to have it removed.



How should I care for the biopsy site?

1. Keep the biopsy site clean. You can rinse with water in the shower.
2. You can soak in a sitz bath (if you don't have a sitz bath, a bath filled with shallow water or any basin you can soak in will do) a few times per day for 10 minutes at a time.
3. When urinating, rinse with warm tap water using a peri-bottle (a water bottle with a squirt nozzle on it) to dilute the urine and decrease stinging.
4. Apply Vaseline or topical Polysporin to the biopsy site twice a day for 1 week.

What if there is bleeding?

If there is bleeding, apply firm pressure for a few minutes until the bleeding stops. If it does not stop, sit on a rolled towel for 10 minutes.

Can I have intercourse?

You can have intercourse as soon as the biopsy site is comfortable.

What if I think I have an infection?

You may have an infection if the area is red, swollen and there is a discharge from the site. This may occur 5 days after the biopsy was taken. These infections are usually well managed with topical antibiotics (ex. Polysporin). Please contact your physician if it does not improve within 2 days of using a topical antibiotic.

When will I get my results?

The pathology report is usually available within 2 weeks and you will be contacted by your physician with the results. If you have not heard from them, please call the clinic at 604-875-5022 and ask to speak to a nurse at the Centre for Vulvar Health.