

Instructions following a Vulval Biopsy

Introduction

This leaflet provides advice on the side-effects that you might experience following a vulval biopsy, and the things that you should avoid doing for a while. It also advises when you can expect to get your results and explains what to do if you experience any problems.

After effects

Depending on the size of the biopsy, silver nitrate may have been used to seal the area, or one or two stitches may be used to close the area. If silver nitrate was used you may have a reddish-black discharge for three-five days, otherwise the discharge will be pinkish.

If you have bleeding that becomes severe then please use the contact information at the end of the leaflet

The area may be sore for up to 1 week. Painkillers such as Paracetamol should help with any discomfort.

Infection is the main complication. You should contact your GP for advice if you experience increased soreness, a smelly discharge or if you start to feel unwell.

General Instructions

You should try to keep the area as dry as possible. Showering is more advisable than taking a bath for the first week after the biopsy. You can pat the area dry or dry the area using the cool setting on a hair dryer.

You should wear cotton underwear and loose clothing. If the area is oozing, you will need to wear a small sanitary towel.

If stitches have been used, you will find that they are dissolvable. If they are irritating you or they have not dissolved after 10 days, you can ask the Practice Nurse at your GP surgery to remove them.

Follow Up and Results

If the affected area was large, the doctor may decide to see you again in the clinic within a few weeks, to check that the area is healing.

We will write to both you and your GP within three to four weeks of your appointment with your results and follow-up arrangements. In some cases, we may need to discuss your results at a multidisciplinary team meeting (MDT). We will contact you as soon as we can, following this meeting.

Lily clinic, treatment Centre Hinchingbrooke Hospital Huntingdon, PE29 6NT Opening hours may vary 01480 416084	The Emergency Gynaecology Assessment Unit (EGAU) 1 st floor, woman and child unit, Bretton Gate Peterborough (City Hospital) PE3 9GZ Open: Weekdays 0800-1800-phone line open until 1730 Weekends/Bank holidays 0800-1200 01733 673758 (voicemail will cut in when the line is engaged – please leave a message for a call back).
For emergencies only, out of these hours, please attend the Emergency Department	

Within this leaflet we use the term woman/women, however we acknowledge that it is not only people who identify as women for whom it is necessary to access our services. We recognise the importance of providing inclusive and respectful care to all people and their families, including those whose gender identity does not align with the sex they were assigned at birth. Please let us know if there is anything we can do to make you feel more comfortable while you are under our care.