

## Patient information

# Vulval biopsy

A vulval biopsy is the removal of a small sample of tissue taken from the external area of the female genitalia.

Any tissue which has been removed will be sent to the pathology department for examination and the results will be given to you at a later date.

### Why is it taken?

Occasionally changes can occur in the tissue around the vagina and a biopsy enables the surgeon to decide whether further treatment is required.

### Following your surgery:

- Dressings: you may have some gauze swabs over the wound and a pad for your underwear. It is advisable to wear soft pads while healing is taking place
- There may be some blood loss from the wound. If the wound bleeds heavily put the gauze swabs over the wound and press for five minutes. This should stop the bleeding.
- The wound should be kept dry at least 24 hours. You may shower/bath after 24 - 48 hours. Plain water is best. Avoid rubbing dry, pat dry or use a hair drier.
- You may have sutures (stitches) in the biopsy site. These should dissolve in about two weeks.
- Any local anaesthetic will last approximately 4 - 6 hours. You may experience some tenderness to the area. This can be relieved by taking paracetamol or ibuprofen or other similar pain-relieving medication.

- You may experience some bleeding after your operation. To reduce the risk of infection, please use only sanitary towels or panty liners **not tampons** until your next period. These should be changed regularly.
- Avoid sexual intercourse for two weeks to allow healing to take place.
- It is quite normal for the operation site to feel sensitive.
- Avoid lots of walking as this may cause rubbing and soreness. Try to lie down rather than sit as this avoids any pressure on the wound and allows for good circulation for the healing process. Normal activities including light exercise may continue.

Special instructions .....

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We will write to you and your GP with the results in 3 – 4 weeks. If you require an outpatient appointment this will be sent to you.

**Contact your GP or GP out-of-hours service**

If where the biopsy was removed from becomes:

- Increasingly red, hot and / or produces a discharge - you may have an infection
- If you bleed heavily
- Abnormally swollen

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the gynaecology ward on 01284 713235 / 713236 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

*If you would like any information regarding access to the West Suffolk Hospital*

and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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