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## VULVAL BIOPSY - POST PROCEDURE INSTRUCTIONS

A small sample of skin tissue (vulval biopsy) has been biopsied. The tissue will be sent for examination by the Pathologist, to determine if there is an abnormality present.

### IMMEDIATELY FOLLOWING THE PROCEDURE

Local anaesthetic has been injected into the vulval biopsy site, and this will initially cause numbness in the tissues. The anaesthetic will start to wear off 30-40 minutes after the procedure. There may be some bleeding present. Please wear a sanitary pad to protect the biopsy site and manage the bleeding. If the bleeding is heavy, please apply pressure to the area for 30 minutes.

If the wound becomes uncomfortable or painful you can take simple painkillers such as paracetamol or ibuprofen. You can also apply a cold pack to the area to help reduce swelling and discomfort.

### WHAT TO EXPECT OVER THE NEXT FEW DAYS TO 2 WEEKS

#### Cleaning

Please take a bath or shower each day to ensure the area is kept clean. You should avoid scented soap, shower gel, bubble bath soaps, creams, deodorants or other chemical irritants to the area. Ensure the area is dried thoroughly after washing, by dabbing but not wiping the wound.

#### Pain Relief

It is normal to have discomfort or pain around the area for up to 10-14 days after the procedure. You can continue to take some simple pain relief (paracetamol or ibuprofen as per the instructions on the packet).

You will need to wear a sanitary pad as there is likely to be some bleeding. The pad will also protect the area from any pressure or inadvertent trauma. A small amount of blood or yellowish discharge from the biopsy site is normal.

There may also be a stitch placed at the biopsy site, but your doctor will advise you about this.

#### Activity

Please avoid sexual intercourse, swimming and heavy exercise until the biopsy site has healed.

#### Signs of Infection

It is expected that your wound will be slightly red and tender to touch for the first few days after the procedure. There may also be some bruising. However, if the biopsy site becomes very painful, hot, red or swollen +/- an offensive smelling discharge please contact us at WHRIA on 1300 722 206 or your General Practitioner, as you may require antibiotic treatment.

### LONGER TERM

You may notice some scarring or change in colour of the skin (hyperpigmentation or hypopigmentation) at the biopsy site.