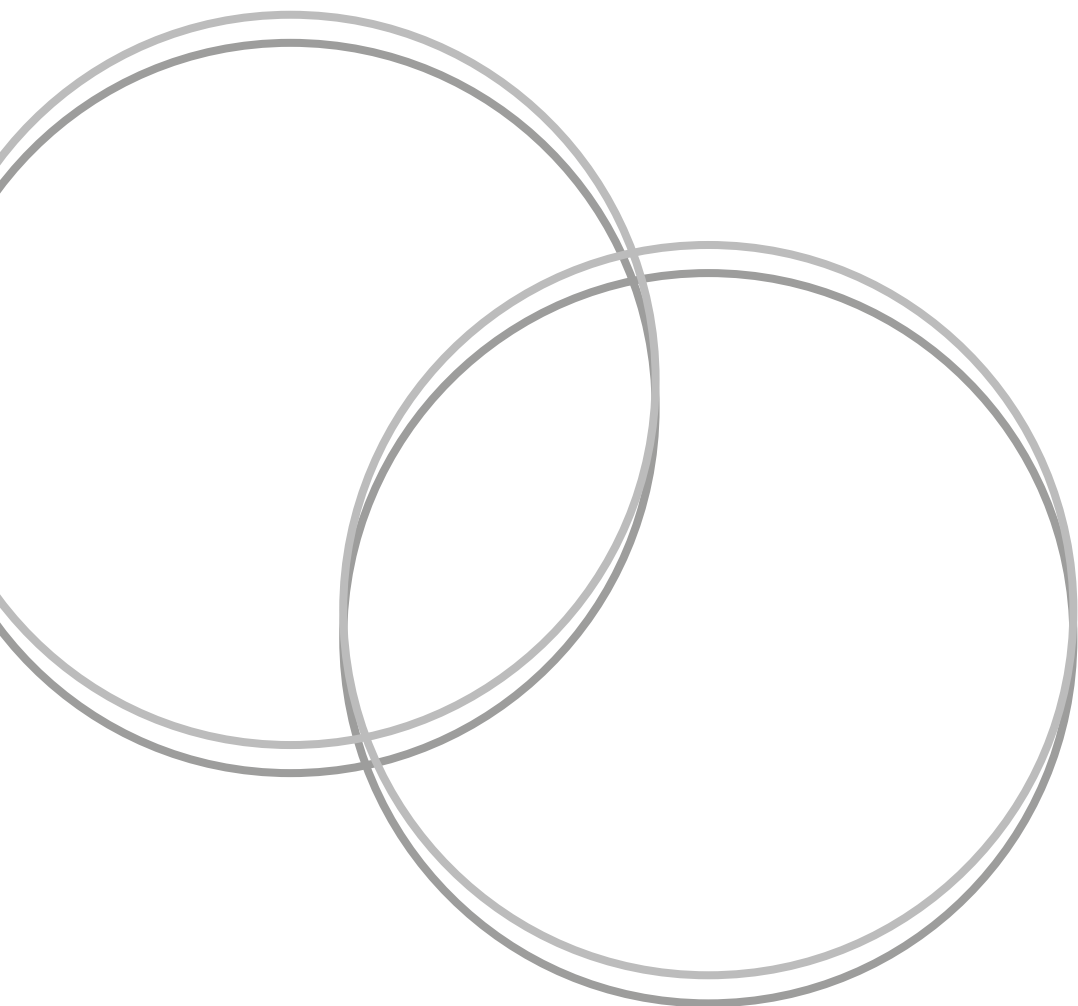




Oxford University Hospitals
NHS Foundation Trust

Discharge Information After a Vulval Biopsy

Information for patients



Gynaecology

What is a vulval biopsy?

You have had a vulval biopsy because you have problems such as pain or itching, an ulcer or lump, or blisters or a rash in the vulval area.

A vulval biopsy is the removal of a small sample of tissue from the external area of the female genitalia. Any tissue that is removed is sent to the Pathology Department for examination and we will inform you of your follow up before you go home.

After your surgery

- You may have a bath or shower after 24 hours. You may bath or shower as normal after this time.
- You may experience some mild to moderate pain. This can be relieved by taking painkillers. You might be given painkillers on discharge - if so, please take these as prescribed. Otherwise, you may take paracetamol or other similar pain relieving medication.
- You may experience some bleeding after your procedure. To reduce the risk of infection, please use sanitary towels or panty liners – it is advisable not to wear tampons until after your next period.
- Avoid sexual intercourse for 2 weeks to allow healing to take place.
- It is quite normal for the operation site to feel sensitive, and for bruising to be present.
- Stitches are usually absorbable, which means they will disappear on their own. If other types of stitches are used your nurse will advise you when to have them removed.

Results

Your consultant may write to you and your GP with the results of the biopsy. Alternatively, an appointment will be made for you to come back to clinic to discuss the results with your consultant.

This appointment date and time will be posted to you.

If you have any problems overnight or in the following 72 hours, such as:

- new, fresh or increased bleeding
- pain that is not controlled with pain relief
- vomiting that prevents you from getting enough fluids
- any concerns passing urine
- the area becomes increasingly red, hot and/or produces a discharge – you may have an infection present
- any vaginal bleeding you experience increases to more than you would consider to be a heavy period
- the area becomes abnormally swollen or bruised
- you have severe pain.

Please contact

Gynaecology Ward

Telephone: **01865 222 001** or **01865 222 002**

(24 hours a day, 7 days a week)

After 72 hours please contact your GP or **NHS 111**.

Horton Gynaecology Unit

Telephone: **01295 229 088** or **01295 229 090**

(Monday to Friday 9am to 5pm)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Gynaecology Team

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Oxford University Hospitals NHS Foundation Trust

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