

# RECOMMENDATIONS FOR PATIENTS AFTER A **VULVAR BIOPSY**



## What to expect?

- You may feel discomfort and soreness at the biopsy site.
- Taking nonsteroidal anti-inflammatory medications can relieve your condition. These medications include Ibuprofen, Nise, Acetaminophen (paracetamol), etc.
- You may see a black or dark area of tissue if the coagulation was used to stop the bleeding during the biopsy.
- You may experience mild to moderate itching and swelling, or a small amount of fluid (blood spots, pinpoint bruising) at the biopsy site.
- The edges of the biopsy area may appear red at the sides and yellow at the base. This is part of the healing process and lasts an average of 7 days (sometimes longer).

## How should I take care of my wound after a biopsy?

- Wash yourself after each urination and bowel movement with plain water for 5 days after the biopsy. You can use a small, clean bottle or scoop.
- Hipster baths can relieve discomfort. 2-3 times a day for 15 minutes, you can use a bath or a container filled with clean warm water. Do not add anything to the water!
- You can use cool compresses or ice. But don't put ice directly on your skin, wrap the ice in a clean natural cloth and then apply it to the biopsy site. Do not leave ice on for more than 25 minutes at a time, allowing the vulva to come back to room temperature before reapplying the ice.
- It is recommended to wear loose clothing that does not restrict movement.
- You can resume your sex life as early as 7 days after the biopsy **IF YOU ARE SURE YOU WILL BE COMFORTABLE.**
- Remember that the rehabilitation process, as well as its duration, are always individual.
- The result of the biopsy can be obtained from your healthcare provider. The time it takes to receive the report varies, and can even take 7 to 14 days.