



# VULVOVAGINAL DISORDERS

## A PATHWAY TO DIAGNOSIS AND TREATMENT

### VULVAR BIOPSY AFTER-CARE INSTRUCTIONS

#### **What can I expect?**

You may have discomfort or pain at the biopsy site. Taking ibuprofen (Motrin®) or acetaminophen (Tylenol®) should help.

A clotting agent that has been used to stop bleeding may leave a dark or black residue.

You may have some mild to moderate itching and swelling, or spotty bleeding at the site. The edges of the biopsy site may look red with a yellow appearance at the base. This is part of the healing process and should last approximately 1 week (give or take a few days.)

#### **How should I care for the biopsy site?**

Pour plain water over the site after urinating or moving your bowels for 5 days. Use a “peri-bottle” (any bottle you can fill with water and squirt gently with) or a clean, small disposable cup.

Sitz baths can be soothing. Sit in a clean tub or sitz bath (a plastic device that sits on the toilet and holds water for soaking) with plain, lukewarm water for about 15 minutes, 2 or 3 times daily. Do not add anything to the water.

You may want to use cool compresses or a cold pack, but do not put ice directly against the skin. You may want to wear loose-fitting clothes.

You can have intercourse one week after the biopsy IF YOU THINK IT WILL BE COMFORTABLE. Remember that not everyone heals at the same rate and you may need to wait for several more days.

Please be sure you know how you will get your test results. Results are usually available within 2 weeks. ***PLEASE make sure we have the correct number to reach you.***