

After Vulvar Biopsy or Excision

What do I do after my vulvar biopsy or vulvar excision?

- Keep the area open to air as much as possible.
- Starting tomorrow, you may take lukewarm baths, showers, or sitz baths 2 to 4 times a day.
- Rinse using plain water only when bathing or showering. Gently pat the area dry.
- You can use tea bags or Epsom salts in sitz baths. **DO NOT** use bubble bath, bath oils, or scented products.
- You can use a hair dryer on the cool setting or a fan to keep the area dry or to dry the area after a bath or shower.
- You can use tea bags (cold and wet) on the area, or cool packs for discomfort. Do not keep cold packs in place for longer than 10 minutes at a time.
- You may apply petroleum jelly (Vaseline®) to the biopsy site as a barrier to protect the area, if needed.
- If you are using pads, use brands like Tena® or Poise®, not pantliners or pads meant for your period.
- **DO NOT** use scented products on or near the area. They can irritate (bother) the skin.
- Ask your health care provider which pain medication(s) is right for you, if needed.

**What are your questions?
Please ask. We are here to help you.**