

After Your Vulvar Biopsy or Excision

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

- To prevent bleeding, we will put liquid Band-aid® on the biopsy site. If you have a stitch, it will dissolve (go away) on its own.
- Keep the biopsy site open to air as much as possible.
- **Do not** have sex for 5 days after your procedure, or until you are fully healed and you have no pain.
- Put petroleum jelly (Vaseline®) on the biopsy site to protect the area, if needed.
- If you use pads, use brands like Tena® or Poise®.
 - › **Do not** use panty liners or pads meant for your period.
- **Do not** use scented products on or near the area. They can irritate (bother) your skin.

Keeping the area clean

- Starting tomorrow, you may take lukewarm baths, showers, or sitz baths 2 to 4 times a day. Gently pat the area dry.
- **Do not** use bubble bath, bath oils, or scented products.
- Rinse using only water when bathing or showering.
 - › If you must use soap, use an unscented bar of soap.
- Use plain water, tea bags, or Epsom salts in sitz baths.
- 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.

Controlling pain

- You may use tea bags (cold and wet) on the area.
- **Do not** keep cold packs on for longer than 10 minutes at a time.
- Ask your health care provider which pain medication(s) is right for you, if needed.

What are your questions? We are here to help you. Call the Colposcopy nurse at 902-473-4181.

Prepared by: Gynecolposcopy Clinic

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.