

After Vulvar Biopsy or Excision

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



www.nshealth.ca

- Keep the area open to air as much as possible.
- You can take sitz baths 2-4 times a day.
- You can use tea bags or Epsom salts in sitz baths. DO NOT use bubble bath, bath oils, or scented products.
- Gently pat the area dry after a bath or shower.
- You can use a hair dryer on the cool setting or 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.
- 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 the skin.

If you have any questions, please ask. We are here to help.

*Prepared by: Gynecolposcopy Clinic ©
WP85-1625 Created May 2016*