After Vulvar Biopsy or Excision

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

• 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 pantiliners 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.