

Information about

Vulval Biopsy



What is a vulval biopsy?

A biopsy is a small area of skin which has been removed from the affected area of your vulva. We will send this to the pathology laboratory to be looked at under a microscope to help confirm your diagnosis and help plan the best treatment option for you.

How has the biopsy been taken?

If the biopsy was taken in clinic, most likely this was done after inserting local anaesthetic into the area. The skin would then have a small cut to remove a small piece of skin (approximately the size of a match-stick head). Usually, we use a small stitch to close the skin. These stitches are dissolvable, and usually do not need to be removed.

Advice following a biopsy

- You will need to wear a sanitary pad as initially you will have light blood-stained discharge from the biopsy area.
- We may give you a piece of non-adherent dressing to wear on top of the pad to prevent the pad sticking to your stitches. You can throw this away with the sanitary pad when changing it.
- Please keep the area clean and dry. You may bathe or shower as normal after 24 hours. Do not use any lotions for at least 24 hours.
- You may have some discomfort when the local anaesthetic wears off; simple pain relief, for example paracetamol should help.
- The stitches are dissolvable. If they become tight or uncomfortable in 5-7 days, please contact your practice nurse to have them removed if needed.

- You may want to wait for at least 2 weeks to allow the skin to heal before resuming sexual intercourse.
- It is advisable to avoid using tampons or menstrual cups until the skin has healed after 2 weeks.

How will I receive the results?

You will receive a letter or a phone call from your clinic doctor with the result of your biopsy.

Please make sure you let us know of any change of name, address or telephone number.

Useful contacts

If you are concerned about your skin following your procedure you should contact your GP in the first instance.

Or you can contact the reception at the Gynaecology Clinic where you were reviewed.

Useful notes from clinic

Use this area to write any notes regarding your condition, treatment or contacts for clinic.