

Department of Dermatology, Allergy and Skin Surgery

Patient Information – Post Operative Wound Care Vulval Biopsy

Pain relief: It is usual to experience slight soreness when the local anaesthetic wears off following your biopsy. Paracetamol should be sufficient to ease any discomfort. You can take 2 x 500mgs tablets every 4-6 hours but do not exceed 8 tablets in a 24 hour period. Please avoid aspirin unless you are normally prescribed this by your Doctor and avoid Ibuprofen as this can make any bleeding worse.

Bleeding: The biopsy site may bleed slightly for a few days. You may need to use a panty liner to protect your underwear. If bleeding continues, please rest.

Aftercare: It is important to keep the area clean and dry to prevent infection. A daily bath or shower is recommended during the week after the procedure. After bathing/showering pat the area gently dry with a clean towel or dry by using a hair dryer set on the coolest temperature.

Stitches: The stitches are dissolvable; they usually dissolve in 8-10 days and when this happens you may notice a small white piece of stitch thread on your underwear or pad.

Infection: Please contact your GP or the dermatology department if the biopsy site becomes increasingly red, hot, swollen +/- associated with discharge. These are signs of infection and you may need antibiotic treatment.

If you have any queries or concerns about wound healing or bleeding please telephone the Dermatology nurses on **01494 734632** from 9am to 5pm, Monday to Friday. Outside of these hours please contact your GP surgery, attend Minor Injuries Unit or call 111 for advice.

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require a translation of this leaflet please call 01494 734604.