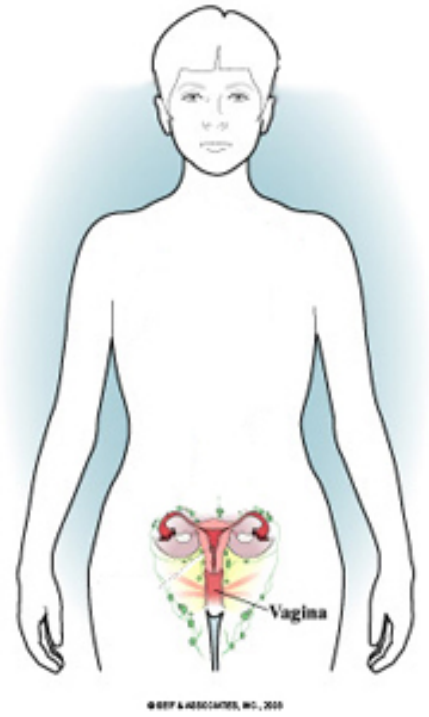
Vulva Biopsy

The vulva is the skin on the outside of the vagina. If there is unusual looking skin on the vulva, a small piece of skin or tissue may be taken off. This is called a biopsy. This is sent to the lab to be checked under a microscope. This helps your doctor:

- Know more about what is wrong.
- Decide what treatment you may need.



HOME CARE

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your doctor. Take the medicine as it tells you to on the label or ask the pharmacist for help. Do not take medicines to which you are allergic. To ease the pain, you can also press a cool, damp tea bag to the biopsy area.
- While you are healing, wash your hands with soap and water before and after you touch your vulva.
- Wash the biopsy area 1 or 2 times a day. Use a mild, unscented soap and rinse well with water. Gently pat the area dry with a clean towel. Do **NOT** rub the area dry. Wash and dry this way even if you have stitches in the biopsy area.
- Every day, after washing your hands, check the biopsy area with a hand-held mirror to be sure it is healing well. Do not be afraid to touch your stitches. Do not worry if the stitches come loose. The skin heals very quickly. Most stitches go away on their own. Some stitches need to be taken out by your doctor. The doctor or nurse tell you:
  - Which type of stitches you have.
  - When you should come in to have them taken out.
- For the next week:
  - Do not have sex while you are healing. When you are all healed and have no pain, it is OK to have sex again.
  - Wear loose cotton underpants. Do not wear tight-fitting pants. You will be most comfortable in cotton underpants and skirts after the biopsy.

GET HELP RIGHT AWAY IF:

- You have a fever of 100.5° F (38° C) or higher.
- You have pain that gets worse after 1 or 2 days, and is not helped by pain medicine.
- Your vulva becomes swollen or red.
- You have a bad smell or discharge from your vulva.

If you cannot keep your appointment or have questions, call the clinic before your appointment time. Before you leave ask who you should speak with in case you have questions or need to reschedule your appointment. **Keep your next appointment!**

Finding Out The Results Of Your Test

Not all test results are available during your visit. If your test results are not back during the visit, make an appointment with your doctor to find out the results. Do not assume everything is normal if you have not heard from your doctor or the medical facility. It is important for you to follow up on all of your test results.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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