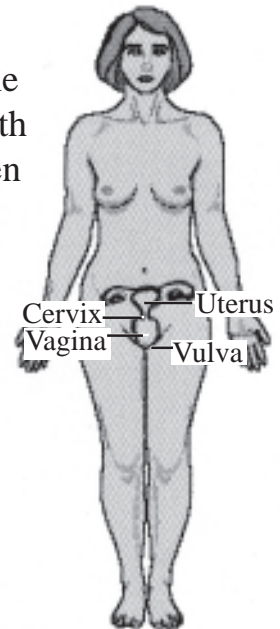


About The Biopsy Of Your Vulva



Today you had a biopsy of your vulva. The vulva is the skin on the outside of the vagina. If there are any sores, lumps or any places with unusual looking skin on the vulva, a small piece of skin may be taken off (biopsy) of your vulva and sent to the lab to be checked under a microscope. This will help your health care provider know more about your condition and what treatment you may need. It is important that you come back for all your appointments to find out what you need to do to take care of this problem and keep yourself healthy.



How should I take care of myself after the biopsy?

1. You may have some pain at the place where the skin sample was taken. This is normal. You can take ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) for the pain. You do not need a prescription to buy these medicines. Take the medicine as it tells you to on the label or ask the pharmacist for help. Do not take any medicines to which you are allergic.

To ease the pain you can also press a cool, damp tea bag to the biopsy area.



2. While you are healing, wash your hands with soap and water before and after you touch your vulva.
3. 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. You can also dry the area using a hair dryer set on “low” or “cool”, but be sure not to get the area hot.



Wash and dry this same way even if you have stitches in the biopsy area. Don't be afraid to touch your stitches. Don't worry if the stitches come loose. The skin heals very quickly. Most stitches go away on their own but some need to be taken out by your health care provider. Your health care provider will tell you if you have stitches and whether they will go away on their own or will need to be taken out.

(over)

4. Every day, after washing your hands, check the biopsy area with a hand-held mirror to be sure it is healing well.



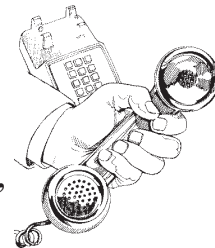
5. For the next week:

- 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 and do not wear tight-fitting pants. You will be most comfortable in cotton underpants and skirts after the biopsy.



Call the clinic 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 which is not helped by pain medicine.
- Your vulva becomes swollen or red.
- You have a bad smell or discharge (pus) from your vulva.



At your first clinic visit be sure we have your **correct name, address and telephone number**. With this information, we can reach you quickly if we need to. Be sure to let us know if there are changes in any of this information.

If you cannot keep your appointment or if you have any questions, call the clinic before your appointment time.

Ask to speak to _____.

Keep your next appointment!