



# Discharge advice following a vulval biopsy

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## Information for patients from Women's Health

You have been given this advice sheet as you have had a biopsy (a small piece of tissue) taken from your vulval area.

### When will I receive my results?

The biopsy will be sent to the pathology laboratory for close examination. Your doctor will write to you when your results are available.

### How will I feel after my biopsy?

Because the vulva is such a sensitive area, you may need to take regular painkillers, such as paracetamol, for a few days following your biopsy.

### Will I have to return to hospital to have my stitches removed?

Any stitches used will be dissolvable (they do not need to be removed). It usually takes between one to two weeks for stitches to dissolve, but may take as long as six to eight weeks. The doctor or nurse will advise you as to which stitches you have had before you leave hospital.

### How do I keep my wound clean?

Bathing once or twice a day will help keep the area clean and promote healing, as well as being of comfort to you.

Avoid the use of bubble bath or perfumed soaps for a few days as these may cause irritation to the area that was biopsied.

### When can I have sex?

You can have sex again once the area is completely healed. This is usually after about a week or so, or when you feel comfortable to do so.

### Further information

If you feel unwell at home or have any questions, please contact one of the following.

- Colposcopy Suite, **Queen Elizabeth the Queen Mother Hospital**, Margate  
Telephone: 01843 23 45 85 (Monday to Thursday 8am to 5pm)  
Outside of these times an answer machine is available for you to leave a message.
- Colposcopy Unit, **Kent and Canterbury Hospital**, Canterbury  
Telephone: 01227 78 31 07 (Monday to Friday 8am to 5pm)

If you need further advice outside of these hours, please phone one of the following wards where a nurse will be able to help you.

- **Birchington Ward**  
Queen Elizabeth the Queen Mother Hospital, Margate  
Telephone: 01843 23 42 01
- **Women's Health Suite**  
William Harvey Hospital, Ashford  
Telephone: 01233 65 19 87

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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