

What is a vulval punch biopsy?

A Vulval Punch Biopsy is performed to help with the diagnosis of your skin condition. Your specialist will explain to you why a skin biopsy is needed and what it involves.

How is the biopsy taken?

Firstly the skin is numbed using a local anaesthetic.

Then a small round core of tissue is taken, about 3 mm in diameter.

Silver nitrate is applied to the biopsy site to prevent any bleeding or a dissolvable stitch may be used.

Given its location a dressing is not usually required.

How to care for your biopsy site:

1. The local anaesthetic will usually wear off in approximately 1-2 hours. If you feel any pain or discomfort you can take pain relief tablets as required.
2. It is important that you DO NOT rub the biopsy site during personal hygiene cares. The biopsy site should be kept clean and dry.
3. After passing urine and bowel movements rinse the area with tepid water and gently pat dry.
4. Showers are permitted the day after the biopsy. Please DO NOT use soap or shower gel on the area and gently pat the area when drying.
5. If further bleeding occurs, put a pad over the biopsy site and press firmly for at least 10-20 minutes.
6. The stitch should dissolve within 10-14 days. If this has not happened after this time, please contact your GP/Practice Nurse.

7. Please speak to a nurse if any of the following occur

- severe pain
- redness
- swelling
- discharge from the wound

Follow up appointments:

It is important for the wound to heal completely prior to starting treatment.

The clinic nurse will contact you when the results of the biopsy are available. In most cases this will be within two weeks. The clinic nurse will then advise you when to apply any prescribed ointments or creams.

Sometimes results take longer so please contact the clinic nurse if you have not heard back within two weeks.

You will be given a follow up appointment to assess your response to the treatment. An appointment letter will be posted to you.

Contact us

Wellington Women's Clinic

Phone: (04) 806 0760 or (04) 806 0759

Hours: 8am-4:30pm, Monday to Friday (closed public holidays)