

# Care after a procedure to your vulva or vagina

Gynaecology

Information for patients

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## You have had the following procedure today:

- Biopsy from the vulva or vagina**
- Removal of a lesion from the vulva or vagina**
- Diathermy of the vulva or vagina**
- Laser treatment of the vulva or vagina**

## Advice after the procedure

- You can shower or bathe as usual. You must keep the vulval area clean to stop infection. However, do not use soap or perfumed products on the treated part.
- You may have some stitches. These will dissolve in the next few weeks.

## What to expect after the procedure:

- **Discomfort /pain:** some discomfort is normal. You can take painkillers such as paracetamol or ibuprofen to help.
- **Bleeding:** you may notice a small amount of blood from the treated area after your procedure. This is normal. If this happens, wear sanitary pads to protect your clothing. Do not wear tampons. Apply gentle pressure to help stop the bleeding.
- **Change in skin colour:** there is a small risk that your skin may get lighter or darker after some treatments. This is does not happen often. It is more likely to happen if you have brown or black skin or if the skin treated is tanned.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## When should I ask someone for help?

- Pain that gets worse. It is not helped by simple painkillers
- Discharge or pus coming from the treated area
- The treated area becomes red or black, hot, or swollen

These could be signs of an infection. You may need some antibiotics.

## Contact details

You can contact your GP or your team on the number below.

Please call us Monday to Friday between 8am and 4pm if you have any concerns:

**Colposcopy medical secretaries: 0116 258 4167**

**Gynaecology Nurse Specialists: 0116 258 4840**

**Call the Gynaecology Assessment Unit on 0116 258 6259 any time if you have:**

- 'flu like symptoms or a fever
- the bleeding is very heavy. You are changing your pad more often than every hour.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)