



VULVAR CARE

Laundry:

Use mild enzyme free soap (i.e. Woolite Gentle Cycle, All Free) on any clothing that comes in contact with your vulva. Use 1/3 to 1/2 of the suggested amount per load. Other clothing may be laundered as usual.

Do not use fabric softener or dryer sheets on clothing that comes in contact with your vulva.

Clothing:

Wear white, all cotton underpants. Not nylon with cotton crotch.

Avoid pantyhose. Try thigh high stockings.

Avoid tight clothing and clothing made of synthetic fabrics. Remove wet bathing suits and exercise clothing as soon as possible.

Bathing and Hygiene:

Avoid bath soaps, lotions, gels, and other products containing perfumes. Not using soap at all is best in the vaginal area. If you must soap, try Aveeno oatmeal or Neutrogena soaps.

Do not scrub vulvar skin with a washcloth; washing gently with your hands is enough for a thorough cleaning.

Avoid all bubble baths, bath salts, and scented oils.

Pat dry, instead of rubbing with a towel. Use a hair dryer on a cool setting if skin is sore or tender.

Avoid all over-the-counter creams or ointments without asking your healthcare provider first and **AVOID DOUCHING**.

Soak in lukewarm bath water with 4-5 tablespoons of baking soda, or a minimum of six inches of bath water and 1/2 cup of table salt to help soothe vulvar itching or burning. Soak several times a day for 10-15 minutes if possible.

Avoid use of deodorized pads or tampons. Tampons should only be used when the flow of blood is enough to soak one tampon in four hours or less. Tampons are safe for most women, but wearing them too long, or when the flow of blood is light, may result in vaginal infections, increased discharge, or toxic shock syndrome.

To decrease irritation, small amounts of A&D ointment may be applied to the vulva as often as needed to protect the skin. This may also help to decrease skin irritation during your period and after urination.

Do not shave the vulvar area. Shaving may cause irritation and lead to infection.

Avoid scented toilet paper.

Avoid feminine hygiene sprays, perfumes, adult or baby wipes. If urination causes burning, pour lukewarm water over the vulva during and after urinating.

Larger women may have problems with chronic dampness. Avoid tight clothing and synthetic fabrics. Blow dry the area as often as needed.

