

Vulvar Skin Care

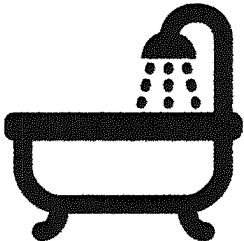
Jill M. Krapf, MD



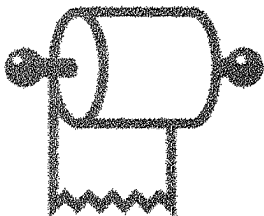
- Detergents: free of dyes, enzymes, perfumes (ALL-Free and Clear), use ½ the suggested amount
- Avoid fabric softener
- Wash out stain removing products on underwear



- Wear white all-cotton underwear with cotton crotch
- AVOID pantyhose and tights (may cut out crotch)
- Change out of gym clothes, wet bathing suits immediately
- AVOID tight clothing made out of synthetic fabric
- Keep an extra pair of cotton underwear with you to change if you become damp during the day.



- Wash the vulva with warm water only; do not use soap directly on the vulva. Recommended body wash: Dove-Hypoallergenic.
- AVOID bubble baths, bath salts, scented oils, or lotions/gels that contain perfumes, even those labeled as “gentle” or “mild”
- Do not scrub vulvar skin. Rather than rubbing with a towel, pat dry or use a hairdryer on cool setting.
- Do not shave the vulva. Use clippers with a safety guard if needed.



- Use white, unscented toilet paper.
- If urine causes burning, pour lukewarm water over the vulva after urinating and pat dry with towel.
- AVOID deodorized pads and tampons. Use pads with an all-cotton liner (Whole Foods).
- Do NOT douche.



- AVOID feminine over-the-counter creams, hygiene sprays, perfumes, and wipes.
- Small amounts of Vaseline petroleum jelly or A&D ointment may be applied to the vulva to provide a barrier.
- A natural emollient, such as a vegetable oil or coconut oil, may be used daily and as lubricants during intercourse.
- Use non-lubricated, non-spermicidal condoms with a water-based or vegetable oil lubricant during intercourse.