

Breathe.

Vulvar Skin Care Suggestions

The general goal is to improve and promote vulvar skin health. The products or changes listed below are suggested due to their previous success in decreasing or relieving vulvar/vaginal burning, irritation, and itching.

Laundry

1. *All Free and Clear* detergent brand using only 1/3-1/2 of the suggested amount per load.
2. Instead of fabric softeners or dryer sheets, try using dryer balls or line drying underwear.

Clothing

Daytime Wear	Nighttime Wear
White, all-cotton underwear	No underwear or loose fitting cotton boxers

1. Things to Avoid – thongs, pantyhose, tight clothing (especially synthetic fabrics)
2. Wet Clothing – try to remove wet bathing suits and exercise clothing as soon as you can.

Cleaning Vulva

1. Best Practice – use warm water and your hand to clean the area followed by patting dry or using the cool setting of a hair dryer.
2. Things to Avoid – soaps with perfumes, feminine hygiene sprays, wipes, deodorized pads or tampons, douching, shaving or hair removal products close to the vulvar area
3. Soaps We Suggest – *Dove for Sensitive Skin, Basis Sensitive Skin Bar, Aveeno, Pears*

Tips and Tricks

- For Vulvar Irritation with Urination
 - Pour lukewarm water over vulva while urinating
 - Skin Protectant – plain Vaseline, EVOO, zinc oxide ointment
- Toilet Paper
 - Pat instead of wiping over vulvar skin
 - Brands We Suggest – 7th Generation, Angel Soft

- Baking Soda Soaks – soothing vulvar itching/burning
 - Bath Tub – add 4-5 tablespoons of baking soda to lukewarm (not hot) bath water
 - Sitz Bath – add 1-2 teaspoons of baking soda to lukewarm (not hot) water ○
- Soak 1-3x/day for 10 minutes