

Vulvar Care Instructions to Prevent Infection and Irritation

1. Refrain from wearing tight pants, tights, and pantyhose.
2. Sleep without underwear- either a night gown by itself or very loose boxers or long cotton pants depending on the weather
3. Avoid care products with scents and other additives, including tampons, pads, toilet paper, vulvar deodorants, disposable diapers that turn color with voiding.
4. Avoid laundry products with scents and additives including detergent, dryer sheets, and fabric softeners. Avoid the last two all the time. Do not use bleach in underwear.
5. Avoid the use of over the counter products on the vulva such as creams advertised for yeast and itching, powders, wipes, etc.
6. Avoid liquid soaps, use only bar soaps. We recommend white Dove soap. Avoid soaps with deodorants, scents, and colors.
7. Do not use poofs, lufas or sponges on your vulva for washing.
8. Soak in the tub, in plain water, nightly or as recommended by us. _____
9. Wear only underwear with cotton in the genital area. Be sure to wear underpants under tights.
10. Do not wear thongs. Do not sleep in thongs.
11. Do not wear panty liners if you are not bleeding- menses or other genital bleeding.
12. Do not shave off your pubic hair. Do not use Nair.
13. Void with your knees as far apart as possible. Lean over slightly to avoid urinating over the toilet seat.
14. Always wipe from the back with urination and bowel movements.
15. Sometimes standing after voiding allows any trapped urine to drop out and makes wiping from the back easier.
16. You may be asked not to use wipes for cleaning an infant or young girl that is still wearing diapers. Use a soft baby wash cloth instead as much as possible.
17. You may be asked to use a product for vulvar moisture. Use as directed.

All of the above directions will help improve the condition that you are being treated for.

Additional instructions: _____
