

VULVAR CARE

Now that you have been seen by your provider, we want you to be able to continue your care at home between your visits to the office. One of the best ways you can protect your skin and help your symptoms resolve is to adhere to a simple vulvar care regimen.

You can start by removing all contact irritants. This means eliminating irritating chemical substances that come in contact with your skin and may produce a reaction. These substances may be hiding in your everyday cleaning regimen. Therefore, look carefully at the products that you use and make the following adjustments:

- wear all cotton underwear**
- eliminate panty liners unless you are menstruating (avoid Always pads)**
- eliminate baby wipes and cleansing wipes**
- switch to a fragrance free mild soap such as Dove SS, Cetaphil, or Simple Soap**
- switch to All Free and Clear laundry detergent**
- do not use fabric softener in your underwear wash**
- avoid Vagisil, perfumed/ dyed toilet paper, liquid soaps**

There are times your provider may ask you temporarily to stop using all soaps and cleansers on the vulva to allow the skin to rest. Other times you may be instructed to halt topical medications to see if you are reacting to one of your prescriptions. Be sure to inform your doctor exactly what you are applying to your skin, even if the medicine is over the counter (not prescription).

Finally, some folks may have a reaction to food or medication that is actually causing vulvar irritation. Discovering this may be a process of elimination, but you can get a head start by following the above recommendations.

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