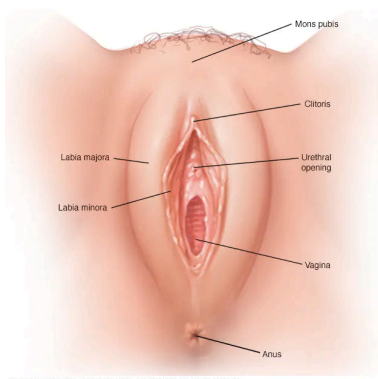




Annandale OBGYN
703-642-7522
annandaleobgyn.com

How to Care for your Vulva



Wash

- Wash the vulva with warm water only once daily or every other day
- Gently separate the labia major (outer hair-bearing lips) and bathe the inner skin with water only, using your hands. Do not scrub. Gently pat dry with a towel
- *Avoid* washing the vulva multiple times per day as this can irritate the delicate skin and moist tissue
- If you want to use a soap, Dove Sensitive Skin bar soap/body wash is recommended
- *Avoid* wipes, douches, bubble baths, bath salts and scented lotions/gels
- *Avoid* feminine hygiene sprays, perfumes, deodorants, and washes

Laundry

- Wash any underwear/clothing/towels that touch the vulvar skin directly with gentle, fragrance-free, dye-free detergent, such as All Free and Clear
- *Avoid* fabric softener

Clothing

- Wear full bottom cotton underwear only
- *Avoid* wearing underwear to sleep
- *Avoid* thongs, pantyhose, tight leggings, tight jeans
- Change out of gym clothes and wet bathing suits as soon as possible

Menstrual Products

- Use pads and tampons that are all natural-cotton and are made with hypoallergenic products, such as natracare brand that can be found at Whole Foods
- *Avoid* scented pads and tampons
- Change pads and tampons regularly
- *Avoid* panty liners