

Castleton Obstetrics

→ AND GYNECOLOGY ←

 Community Physicians of Indiana

GUIDELINES FOR VULVAR SKIN CARE

Jeffrey Boester
M.D., FACOG

Keith Bean
M.D., FACOG

Kristin M. Adams
M.D., FACOG

Sylvia Ertel
M.D., FACOG

Sarah Crane
M.D.

Carol Weaver
N.P.

Alicia Wettrick
N.P.

Note: The goal is to promote healthy vulvar skin. This is done by decreasing and/or removing any chemicals, moisture, or rubbing (friction). Any products listed below have been suggested for use because of their past success in helping to decrease or relieve vaginal/vulvar itching or burning.

LAUNDRY PRODUCTS

- ~ Use a detergent free of dyes, enzymes, and perfumes (such as *All Free* and *Clear*) on anything that comes into contact with your vulva, such as underwear, exercise clothes, sheets, towels, or pajama bottoms. Use 1/3 to 1/2 the suggested amount per load. Other clothing may be washed in the laundry soap of your choice.
- ~ Do not use fabric softener in the washer or dryer with these articles of clothing. If you do use dryer sheets with the rest of your loads, or any loads, you must hang dry your underwear, towels, sheets, pajama bottoms, and any other clothing that comes in contact with your vulva.
- ~ Soak and rinse in clear water all underwear and towels on which you have used a stain removing product. Then wash in your regular washing cycle. This removes as much of the product as possible.

CLOTHING

- ~ Wear all white, cotton underwear-not nylon with a cotton crotch. Cotton allows air in and moisture out.
- ~ Avoid pantyhose. If you must wear them, either cut out the diamond crotch (leave about 1/4 to 1/2 inch of fabric from the seam to prevent running) or wear thigh high hose.
- ~ Avoid tight clothing, especially clothing made from synthetic fabrics. Remove wet bathing and exercise clothing as soon as you can.
- ~ If possible, at night sleep without clothes or undergarments from the waist down.

BATHING AND HYGIENE

- ~ Avoid bath soaps, lotions, gels, etc. which contain perfumes. These may smell nice, but can be irritating. This includes many baby products and feminine hygiene products marked "mild" or "gentle". *Dove-Hypoallergenic*, *Neutrogena*, and *Basis and Pears* are the soaps we suggest. Do not use soap directly on the vulvar skin, just warm water and your hand will keep the vulvar area clean without irritating the skin.

13050 Parkside Drive
Suite 100
Fishers, IN 46038
Phone: 317.621.2312
Fax: 317.621.2311

7120 Clearvista Drive
Suite 3500
Indianapolis, IN 46256
Phone: 317.621.2312
Fax: 317.621.2311

www.castletonobgyn.com
www.ecommunity.com

- ~ Avoid all bubble baths, scented oils, or bath salts. You may apply a neutral (unscented, non-perfumed) oil such as *Keri oil* to damp skin after getting out of the tub or shower. Do not apply oils directly to the vulva.
- ~ Do not scrub vulvar skin with a washcloth-washing with your hand and warm water is enough for good cleaning.
- ~ Pat dry rather than rubbing with a towel. Alternatively, you can also use a hairdryer on a cool setting to dry the vulva.