



The Johns Hopkins Women's Center for Pelvic Health



GENERAL VULVAR CARE

The goal of vulvar therapy is to keep the vulva dry and free from irritants.

DO'S

- Avoid soap when washing vulva; warm water only.
- Dry vulva skin with blow dryer on cool setting.
- Wear only white, 100% cotton underpants.
- Rinse underclothes carefully after washing.
- Wash new underclothes before wearing.
- Mild soap for washing underclothes – no detergents.
- Use soft toilet tissue – white only.
- Use tampons for menstrual flow – not deodorized.
- Take Aveeno sitz baths daily, if prescribed by physician.

DONT'S

- Scratch
- Use soap, detergents, or fabric softener (liquid or paper).
- Use nylon, rayon or acetate.
- Wear pantyhose or panty girdles.
- Use perineal pads (Kotex, Modess, etc.)
- Engage in activity that causes perineum to remain wet.
- Use Vaseline, oils, greases, bubble bath, bath oils, feminine sprays, etc.
- Use talc or powder.
- Use douches, unless prescribed by physician.