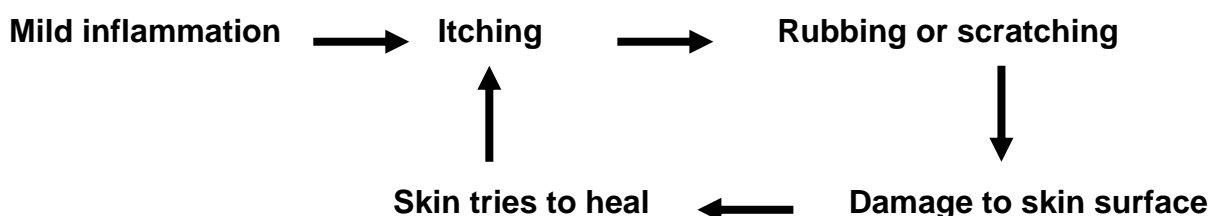


Department of Dermatology

Care of the vulval skin

The skin of your vulva has become inflamed and may therefore be itchy and sore. There may be a specific disorder or infection which has caused this, and if so, this will need specific treatment. Sometimes even after a vulval disease is treated, the skin does not return to normal for a prolonged period of time due to the following cycle of events:



Whatever the underlying problem causing vulval disease, you will be able to do quite a lot of things to improve the skin and make it feel more comfortable. Try and follow these rules:

1. Clothing

- Wear only cotton underwear, loose if possible.
- Avoid tights. Avoid tight trousers or leggings. These can rub the skin and also prevent air getting to the skin.
- Whenever convenient, wear no pants under a skirt or dress.

2. Personal washing

- Wash skin twice daily (if skin is moist or sweaty, wash three or four times per day).
- Use plain, warm or tepid water with aqueous cream or emulsifying ointment. Apply the cream or ointment gently with your fingers or a baby sponge. Rinse off with plain water.
- Dry gently without rubbing by dabbing with a soft towel or using a cool hairdryer.
- Do not use any perfumed preparations, 'feminine hygiene' products, bubble bath, bath oil, etc.

3. Clothes washing

- Do not use biological detergents or fabric conditioner.
- Make sure that all detergent is rinsed out.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती भीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय ओवा माध्यम (ओडीओ इमेट)मां जेठती छीय तो कृपा करीने पूछो.

Gujarati

تکایه پرسپار بکه نه گهر نهوزانیاریهت دهوی به زمانیکی تر . به بیتی گهوره یانیش به شیوهی دهنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

Urdu



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Document history

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