



Vulvo/Vaginal Care



TO HELP AVOID YEAST INFECTION AND VULVITIS:

- Use only mild, unscented soap (e.g., Basis, unscented Dove, Tone, and Purpose).
- Take baths with clear water only. Do not use bubble baths or other scented body washes or gels.
- Use lots of clear water to wash perineal area, rinsing between labia thoroughly.
- Dry off well with a clean towel after showering or bathing, or blow dry area on low, cool setting.
- Wear 100% cotton underwear.
- Don't wear panties at bedtime.
- Avoid deodorant and scented tampons, pads, and panty liners. Do not wear panty liners every day.
- Avoid special washes, wipes, and powders, as well as douches and feminine deodorant sprays.
- Use only white, unscented toilet paper.
- When cleansing/drying/wiping vaginal area, wipe from front to back.
- Avoid laundry detergent with added scents or fabric softeners.
- Avoid fabric softeners and dryer sheets when laundering underwear.
- If using a vaginal medication, don't engage in sexual intercourse until you've finished using the medication

If vaginal itching, increased discharge, or increased odor continues, contact Health Services.

HELPFUL HINTS

- Always urinate after sexual intercourse.
- Always use condoms with vaginal, oral, and anal intercourse. Also, be aware that some individuals develop symptoms associated with yeast infections and vulvitis with flavored, colored, scented or spermicidal condoms.
- Avoid sexual intercourse, vaginal creams, douches, and tampons for 48 hours prior to gynecological appointments, including appointments for Pap smears.

CONTACT HEALTH SERVICES IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.

