

Vulvo/Vaginal Care

TO HELP AVOID YEAST INFECTION AND VULVITIS:

- Use only mild, unscented soap (e.g., Basis, unscented Dove, 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 & Wellness.

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 & WELLNESS IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.



Health & Wellness

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