

Vulva Care

- Keep the area clean and dry.
- Use only mild, unscented soap on your vulva.
- After a bath, use your hair dryer, set on low, to gently dry the area. Using a towel may cause irritation and itching.
- Do not use perfumed bath or shower products.
- Wear loose clothing.
- Wear white cotton or no underwear if possible.
- Wash underwear in mild soap. Rinse twice. Do not use fabric softener or dryer sheets.
- Do not wear underwear to bed.
- Do not scratch. Benadryl can be taken at night for intense itching.
- Use white, unscented toilet tissue and unscented pads or tampons.
- Apply aloe vera gel, wet tea bags, cool washcloths, or icepacks wrapped in a dry washcloth to uncomfortable areas.
- Rinse the area after using the bathroom, using the cleaning bottle that the nurse gave you. To aid healing, add ½ teaspoon of salt to a full bottle of warm water. If the salt causes irritation, just use warm water.
- If you had a biopsy done, soak in warm water (a clean tub or a sitz bath) 2 to 3 times a day until the area is healed. You can buy a plastic sitz bath at most drug stores. If you wish, add a tablespoon of Epsom Salts or baking soda to the water.