

Vulva Care

- Keep area clean and dry.
- Use only mild, unscented soap on vulva.
- After you bathe, 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, non-scented toilet tissue and non-scented pads or tampons.
- Aloe vera gel, wet tea bags, cool washcloths, or icepacks wrapped in a dry washcloth can be applied to uncomfortable areas.
- If you had a biopsy done, soak in warm water (a clean tub or take a sitz bath) 2 to 3 times a day until the area is healed. Plastic re-usable sitz bath basins that fit in the toilet bowl may be purchased at most drug stores. If you wish, add a tablespoon of Epsom Salts or baking soda to the water.