

## General Skin Care Recommendations

Be careful about what you apply to your skin.

- Avoid chemicals that can irritate the vulvar skin – soap, douches, perfumes, and over-the-counter vaginal preparations or feminine hygiene spray.
- Do not use bar soap. Use soap substitutes (Use gentle cleansers that are labeled “hypoallergenic” like Cetaphil, Dove or Aveeno brands.)

Be careful about what comes into contact with your skin.

- Do not add fabric softener to clothes.
- Do NOT use synthetic panty liners for menstruation or daily wear.
- Use 100% Cotton pads (Natracare pads or tampons). Or use a menstrual cup – DivaCup, Keeper cup (rubber) or Moon cup (silicone). Reusable cotton pads are available through many health food stores, or can be ordered from Glad Rags (503-238-8624) gladrags.com or Luna Pads (1-888-590-2299) lunapads.com
- Avoid contact with synthetic material – use cotton underwear, pantyhose with cotton panels.
- Wear loose clothing that encourages the air to circulate. Sleep without underwear.

Improve the condition of your skin

- For optimal skin care use a moisturizer after a shower on the vulvar skin. Examples of good moisturizers include Clinaderm, Lubriderm, and Glaxal base.
- Examples of organic moisturizers include Aloe and Calendula.
- Use a protective barrier such as Vaseline jelly, Creamy Vaseline or Penaten cream on sensitive skin areas.

Use a lubricant with sexual activity to reduce the friction against vulvar and vaginal skin.

- Water based: KY Personal, Astroglide, Slippery Stuff, Good Clean Love
- Oil based: Mineral, almond or calendula oil.
- Silicone based: Eros Women, Pink, Millennium, Platinum.
- Vaginal moisturizers: Hyalofemme, Replens, Feminease, KY liquibeads, Vitamin E suppositories
- Lubricants and vaginal moisturizers can be bought discreetly online

For symptom relief

- If the discomfort with sexual intercourse is mild try applying a freezing gel (xylocaine 2%) to the vestibule 5 minutes prior to intercourse.
- For swelling or itching, sit on the toilet and pour cool water over the vulva. Some women find applying a cold ice pack or gel pack to the vulva for 5 minutes helps.
- If it hurts when urinating, try rinsing during or after urination. If you can not urinate because it is too painful, sit in a bath and then try urinating – the bath water will dilute the acidic urine and make it more comfortable.