



Vulval Conditions

Advice for women

Introduction

This leaflet is for women who have a vulval condition. The vulva is the skin around the entrance to the vagina. This leaflet outlines a number of suggestions we hope will help improve your condition. There are also some helpful hints of things to avoid as they can aggravate a vulval condition.

Your condition is more likely to improve if dry air is able to circulate around the vulva as you go about your usual daily activities. For this reason we make the following suggestions.

Helpful hints:

- That you wear all cotton (100%) under pants.
- Loose fitting trousers made of natural fibres.
- Stockings and suspenders rather than tights or pantyhose for warmth with skirts and dresses.
- That you wash with a flannel and dry your vulval area gently by patting dry with a soft towel.

What to avoid:

- All soaps, as these will irritate your condition. Instead, use a soap free product such as Non-ionic cream or cetomacrogol or Pinetarsol.
- Avoid hair shampoo coming into contact with your genital area.
- Perfumes, deodorants, talcum powder, antiseptics and un-prescribed medications such as local anaesthetics,
- antihistamines etc. should be avoided.
- Panty liners are also best avoided as they can irritate.
- Restrictive clothing such as jeans, tights, leotards and synthetic fabrics can also make your condition worse.

Additional advice:

It is important that you use any medication that has been prescribed by your doctor.

If you are overweight we recommend that you seriously try to reduce your weight.

Clinic nurses are available Monday to Friday 8am - 4pm to discuss any questions or problems you may have. Please ring our reception on 630 9811 and ask to speak with a nurse.

ADHB Gynaecology Service
Women's Health
July 2016