Care of Vulval Skin Irritation

Thank you for attending our specialist vulval clinic. This leaflet will act as your personalised treatment regime and if this changes we will provide you with further written information. Many women need to use different creams and ointments at different frequencies during the management of their skin condition and it is often helpful to have this in writing.

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Date commencing:

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These are ways of looking after the skin that can make it much less sore. Many women with vulval soreness have generally sensitive skin, and implementing general measures for the rest of your skin can also be helpful.

Try and make these part of you daily routine:

- Use a soap substitute and avoid skin contact with soaps, bubble baths and shower gels. The doctor or nurse specialist will recommend some soap substitutes above.
- Use a non-biological washing powder and avoid fabric conditioners
- Avoid using panty liners
- Wear cotton non-dyed underwear
- Drink plenty of water and avoid caffeine
- Use a regular barrier cream such as Vaseline as often as needed
- Use an oil based lubricant for penetrative sex. If this is a particular problem please discuss further with the doctor or nurse specialist.
- Avoid waxing or shaving and try clipping hair if needed.
- Try to not wear close fitting clothes at night and also avoid tight trousers/tights when able, especially when at home.
- If you have problems with incontinence they can make the skin more uncomfortable. This is a very common problem. Please discuss this with us in the clinic, or your GP.

If you have any concerns between appointments and would like to let us know please telephone **01392 406580.**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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