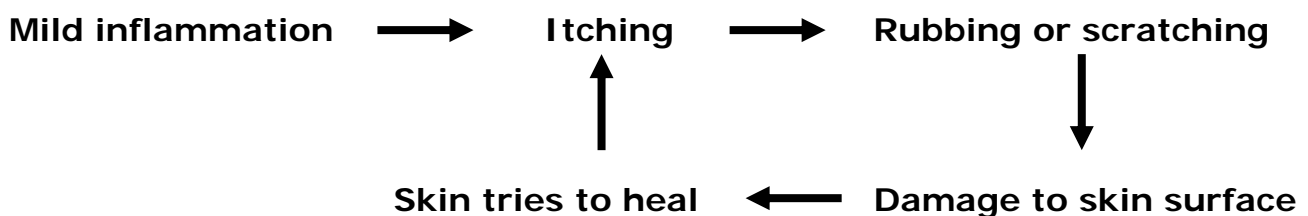


Departments of Dermatology, Genitourinary medicine and Gynaecology

Care of the vulval skin

The skin of your vulva has become inflamed and may therefore be itchy and sore. There may be a specific disorder or infection which has caused this, and if so, this will need specific treatment. Sometimes even after a vulval disease is treated, the skin does not return to normal for a prolonged period of time due to the following cycle of events:



Whatever the underlying problem causing vulval disease, you will be able to do quite a lot of things to improve the skin and make it feel more comfortable. Try and follow these rules:

1. Clothing

- Wear only cotton underwear, loose if possible.
- Avoid tights. Avoid tight trousers or leggings. These can rub the skin and also prevent air getting to the skin.
- Whenever convenient, wear no pants under a skirt or dress.

2. Personal washing

- Wash skin twice daily (if skin is moist or sweaty, wash three or four times per day).
- Use plain, warm or tepid water with aqueous cream or emulsifying ointment. Apply the cream or ointment gently with your fingers or a baby sponge. Rinse off with plain water.
- Dry gently without rubbing by dabbing with a soft towel or using a cool hairdryer.
- Do not use any perfumed preparations, 'feminine hygiene' products, bubble bath, bath oil, etc.

3. Clothes washing

- Do not use biological detergents or fabric conditioner.
- Make sure that all detergent is rinsed out.

Further information

www.bad.org.uk

(British Association of Dermatologists)

www.patient.co.uk/health/pruritus-vulvae.htm (NHS Patient information)
International Society for the Study of Vulval Disease



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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