**General Vulvar Care**

Use your hands only to wash, no washcloths, pat dry after bathing.

Use Dove fragrance free bar soap, Cetaphil, Basis or Vanicream soap.

Use soft white unscented toilet paper.

Stick to same brand of fragrance free laundry detergent – avoid bleach, fabric softeners and dryer sheets.

Avoid daily pantiliners; if that is not possible, use unscented brands. Try not to wear pads at home. Avoid **ALWAYS** brand pantiliners. Stayfree, Kotex or organic pads are recommended.

**Avoid using baby wipes**/**personal wipes,** douches, perfumes, feminine hygiene products or witch hazel to vulvar tissue.

Avoid ALL over the counter itch products (Vagisil, Lanocaine, Vagicaine, Benzocaine, etc).

Use all cotton underwear, not just cotton crotch; avoid girdles, thongs and try to keep underwear loose.

Avoid panty hose – buy knee or thigh highs.

If you have difficulty cleaning after a bowel movement, try using Cetaphil body wash or mineral oil after a bowel movement to help remove feces. DON’T RUB! **Albolene moisturizing cleanser** is a makeup remover that also can be helpful with cleaning after a bowel movement. It is available at CVS and Walgreens.

Avoid sitting in a wet bathing suit or remaining in sweaty exercise clothes.

Vaseline is a wonderful lubricant to use after bathing.

For dry skin, CeraVe cream is a good choice.

For intercourse, use fragrance free over the counter lubricants such as KY, Replens, Astroglide. Avoid lubricants that will ‘heat on contact.’ Don’t use oil based lubricants with condoms.

Good options:

Slippery stuff: www.cheaplubes.com/slipperystufflubricants.aspx

Uberlube: www.uberlube.com

Almost Naked lubricant:   www.goodcleanlove.com

Consider buying a plastic sitz bath from a pharmacy that can fit into your toilet and provide soothing comfort to the vulva; or use the tub. Plain warm water is best.

**The V Book** by Elizabeth Stewart is an excellent resource, and is available at Amazon.com.