

Hygiene

- Wiping with toilet paper after voiding or a bowel movement should occur from front to back.
- Wash the vulva no more than once per day, with lukewarm water only. The vulva does not need to be washed every day, as overwashing can damage the skin. Gently use your hands to clean the vulva, as scrubbing should be avoided on the delicate skin.
- Do not wash the vagina.
- Try to avoid using soap directly on the vulva.
- Let the vulva air dry, or gently pat dry.

Eliminating Irritants

- Avoid using perfumed products on the vulva (e.g. scented soaps, sprays, shampoos and bath oils).
- Avoid douches, wipes, deodorants, and any vulvovaginal cosmetic or care products, unless recommended by your medical care provider.
- Avoid using perfumed detergents, fabric softeners, dryer sheets, and bleaches on underwear. Wash underwear with mild soaps or detergents.
- Use of sanitary pads and panty liners may cause irritation, especially if scented. Look for those made of natural cotton or labelled hypoallergenic.
- Use plain white toilet paper.

Clothing

- Avoid tight clothing (e.g. tight jeans or girdles).
- Wear white cotton underwear. Dyes in colored underwear can irritate the vulva.
- Limit wearing thong underwear and pantyhose.
- Do not wear underwear at night when sleeping to keep vulva open to air as much as possible.
- Remove wet bathing suits and exercise clothing as soon as possible.

Sex

- Use water or silicone-based lubricants. Oil-based lubricants may affect the integrity of condoms.

