

Vulval irritation

Women's Health

Measures that can be taken to lessen vulval irritation

Following your visit to the clinic today, you may find this information useful:

- Avoid wearing tight clothing/underwear as much as possible
- Avoid using soap, shower gels, bubble bath and feminine/baby wipes
- Avoid using shaving foam/gel in the vulval area
 - Aqueous cream can be used for shaving purposes
- Do not douche or attempt to wash inside the vagina
- The vulva only needs to be washed once daily, use a soap free product such as aqueous cream or emulsifying ointment
 - Either of these products can be used afterward as a moisturiser
 - Both products are widely available from large supermarkets and chemists.

If you have any queries or concerns do not hesitate to ask the nurse before you leave, or you may contact us during clinic hours 8am-5pm, Monday to Friday, with any questions once you return home.

Contact us

Leatherhead Hospital
Tel. 01372 384340

St Helier Hospital
Tel. 020 8296 2954 and select the option Colposcopy

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