

## VULVAR HYGIENE

1. Gently wash with water only or you may use a very small amount of unscented Dove or Aveeno products specifically formulated for sensitive skin **ON THE OUTSIDE SKIN ONLY**. Pat dry after bathing, and keep dry at all times. Avoid irritating sprays, soaps, and powders, which can disturb the normal balance of good bacteria in the vagina. Avoid douching. Always wipe from front to back after using the restroom.
2. Wear clean, cotton, underwear and avoid nylon underwear and pantyhose. Launder all underwear in hot soapy water and be sure to rinse thoroughly. Avoid tight fitting pants and spandex.
3. If you choose to use lubrication during intercourse, use a sterile, water-soluble jelly such as KY or Astroglide.
4. Eat healthy and get enough rest! Avoid coffee, alcohol, sugar, and refined carbohydrates. High amounts of dietary sugar can increase likelihood of vaginal infections.