

Vulvar Clinics
Ground Level, Lois Hole Hospital for Women
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Vulvar Skin Care Recommendations

The skin of the vulva can be quite sensitive to products used for personal hygiene. Here are some recommendations to keep the skin as healthy as possible:

- Please wash your vulva and perineal area only once a day with warm water and your fingertips. If you have incontinence you may add a gentle cleanser such as Dove for sensitive skin or Cerave.
- Do not use washcloths, baby wipes, loofas, sponges or anything else to wash your vulva
- Please pat your skin dry gently with a cotton towel, do not use a hairdryer
- Do not use douche or any vaginal wash, they can harm the natural flora that helps keep your vagina healthy
- Please do not use fabric softener or scented laundry detergent on your laundry.
- Avoid pads if possible and wear loose fitting clothes
- Sleep without panties to allow the vulva to “breath”

If you have any questions about this information please do not hesitate to ask.

Thank you,

Vulvar Clinics