

## Vulval care

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

This leaflet provides information and guidance on how to reduce or prevent vulval irritation.

### Vulval care:

Women with vulval irritation or soreness often have sensitive skin. Some simple measures in skin care can reduce or stop irritation:

- Avoid using soaps, bubble baths and shower gels. Instead use water or a soap substitute (emollient).
- Don't linger or soak in the bath for long periods of time; it dries out the skin. Having a shower is better.
- Use non-biological washing powder or liquid and avoid using fabric conditioners on your underwear and towels
- Use a separate towel for the vulval area to avoid soap residue on the towel used to dry the rest of your body getting onto your skin
- Wear non-dyed cotton underwear
- Avoid tight-fitting trousers and tights when able
- Apply emollients or barrier cream e.g. Hydromol, Dermol or Vaseline as required. Talk to your nurse about creams if you wear a pad.
- Avoid shaving and waxing. Clip pubic hair instead.

### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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