

## VULVOVAGINITIS

Vulvovaginitis is a common condition in young girls. It may be due to an infection, but more often is it due to a skin condition. Carious irritants can make the sensitive skin of the vulva rather sore. If the is skin is protected against irriataion then the symptoms should clear up.

**NO** 'wet wipes' or 'medicated' or perfumed toilet tissue should be used. Just ordinary soft toilet paper, moistened with tap water if necessary.

Soiling of the vulva by faeces can be a problem and it is very important that the bottom is wiped for **FRONT to BACK** after going to the toilet.

**DO NOT** be over zealous with hygiebnee – washing once a day is all that is necessary.

**DO NOT** use bubble baths, bath salts or shower gel in the bath.

**DO NOT** use soap for washing the vulva, simply use emulsifying ointment. Apply a little direct to the vulva and then rinse off clean water. If the emulsifying ointment is too stiff, mixing with a little clean water first can soften it - or aqueous cream may be used instead.

If your child is a keen swimmer, apple a little Vaseline petroleum jelly to the vulva before swimming. This does not dissolve in the water and profects the skin from chlorine, shower afterwards using emulsifying ointment.