



Dr. Derek Rajakumar

Dr. Kathryn MacKinlay

## VULVOVAGINITIS

Vulvovaginitis is inflammation of the vagina and surrounding area. This inflammation can cause redness, itching, burning on urination, and discharge leaking from the vagina. It can sometimes be confused with a urinary tract (bladder) infection. The most common cause is irritation or poor hygiene, but in some situations the inflammation can be caused by bacterial or yeast infection.

### **Treatment**

#### **1) Avoid irritants**

- Bath/Showers: No bubbles baths. Use gentle, unscented soaps and shampoo only at the end of the bath/shower. Ensure a good rinse with water afterwards.
- Double rinse panties when doing laundry and avoid fabric softener.

#### **2) Proper Hygiene**

- Teach your independently toileting girls how wipe from front to back
- Avoid smearing stool into the vaginal area.
- Masturbation can sometimes worsen irritation.

#### **3) Avoid excessive moisture**

- Dry well after voiding and baths and be sure to pat dry well.
- Having the child lie down, separate the labia and dry well with 20 seconds using a blow-dryer
- Wear clothing that allows natural moisture to evaporate, such as cotton.

Avoid clothes that are tight fitting (such as tights, leotards, form fitting clothing, tight panties). Do encourage wearing dresses and loose cotton panties. Encourage sleeping in a nightgown with no panties. Avoid staying in wet swimsuit for long period of time.

#### **4) Preventing more irritation**

- When skin is irritated, use a protective cream (think diaper creams) on a cotton ball between the labia after each toilet use.