

CARE AFTER BIOPSY OR SURGERY

Light vaginal bleeding is to be expected. It may last a few days. You may use sanitary pads. Many women do not have their next normal menstrual cycle for four to six weeks after surgery. When your normal cycle returns, you might notice heavier bleeding and more discomfort than usual for the first period.

SEX

Many women find sex to be uncomfortable. Engage in activities that are not painful and make sure adequately aroused before any penetration in the vagina. If burning after sex, rinse with cool water, try a cool pack or a sitz bath and apply a protective cream. Lubricants can help – use only unscented and undyed.

Replens is a vaginal moisturiser that is inserted by applicator into the vagina. It can be used for post-menopausal women who cannot use vaginal oestrogen. Condoms and water-based lubricants (KY, Astroglide) can irritate vulva. Consider switching to another form of contraception if you are using condom for birth control only.

PRODUCTS TO AVOID

Avoid any products containing benzocaine, neomycin, “feminine” deodorants, bleaches, talcum, over-the-counter douches, spermicides, lanolin-based products or petroleum jelly.

BURNING AND ITCHING SYMPTOMS

Cool gel packs can be helpful by wrapping in a soft hand towel before applying against the vulva. Make a vaginal wash: Mix two teaspoons of baking soda filled with lukewarm water. Use this mix to clean your entire vaginal and vulva area.

Only use a small amount of Zinc cream, aqueous cream or Sorbelene cream to protect vulva skin. If the cream burns, stings or causes redness, it may contain a preservative that causes you a reaction. If you have itchiness at night, take antihistamines before bed and wear soft cotton gloves at night to cover fingernails.

If symptoms persist, please contact your doctor to exclude vulva skin disease such as Lichen Sclerosus, vulvovaginitis, vulva dysplasia, etc

PERIODS

Sanitary pads and mini pads can irritate the vulva. Consider using 100% cotton unscented menstrual pads or tampons. Tampons are preferable to pads. Avoid wearing disposable party-liners instead consider frequent underwear changes or purchase washable cotton panty liners.

UNDERWEAR

100% cotton underwear with a full backside is the best. Using half the recommended amount of detergent may be helpful and also Rinse detergents from clothes thoroughly. Avoid fabric softeners!

CLOTHING

Avoid tight, hose, body shapers and other tight fitting clothes. Avoid clothes made from synthetic fibres such as polyester, lycra/spandex and rayon.

PUBIC HAIR

Shaving the pubic hair increases the risk of infection and skin problems. Hair removal creams contain irritating chemicals. It is better to trim rather than shave. Laser hair removal is an option

BATH AND SHOWER

Only use unscented and undyed soap or sorbelene cream on the vulva. Use your hands to clean the vulvar area – nylon scrubbers irritate the skin. Pat the skin dry gently. Use a hair dryer on a cool setting to help dry hard-to-reach areas.

TOILETING

Rinse with water after using the toilet is often less irritating than wiping with toilet paper. If using toilet paper, avoid perfumed, dyed or “aloe” products.