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## Vulvar Care

- Avoid using any scented bath or cleansing products
- Avoid using wet wipes of any kind
- Avoid using a harsh washcloth to clean the vulva
- Avoid pantyliners or pads, or switch to 100% cotton menstrual pads (available online)
- Dab the vulva gently to dry, also rinse and pat dry after urination
- Avoid wearing tight fitting pants
- White cotton underwear is preferred
- Wear skirts and no underwear when in the house and at night to avoid friction and aid drying
- Wash underwear in a fragrance free detergent like All Free & Clear
- Do not use dryer sheets or fabric softeners
- Use a fragrance free cleanser such as Dove or Oil of Olay fragrance free soaps, or Cetaphil fragrance free wash
- Use vegetable oil or plain petrolatum topically to hold moisture and improve the skin's barrier function
- Apply cool gel packs to the vulvar area to calm irritation