



Urological Associates, P.C. of the Iowa and Illinois Quad-Cities Region

Vulvar/Vaginal Skin Care Guidelines

☐ **Skin Protectant:**

Zinc oxide ointment

Olive oil, Coconut oil, Almond oil, Avocado oil, Vitamin E oil

Vaseline or Aquaphor

Überlube (available on Amazon)

Daily or as needed/desired.

☐ **Sitz Bath:**

Baking Soda (sodium bicarbonate):

Dissolve 4-5 tablespoons a bathtub with 2-4 inches of lukewarm (not hot!) water. Soak for 15 minutes to help soothe vulvar itching and burning.

For acute or severe symptoms, soak 1-3 times a day until symptoms improve.

☐ **Vulvar Therapy:**

Clotrimazole / betamethasone (Lotrisone) cream:

Apply bean sized amount to vulvar and peri-anal areas one or two times a day.



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