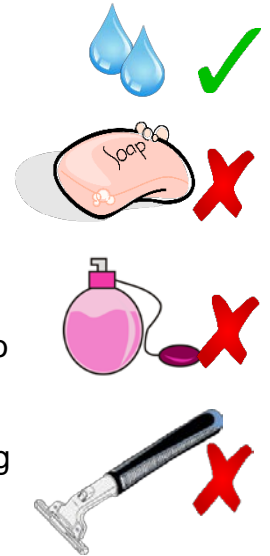


Genital Area Skin Care Tips for Women

When cleaning, shaving or waxing the area:

- Cleaning with warm water is all you need.
- After a bath or shower, pat gently to dry or leave to air dry.
- Avoid soaps, douches, perfumes, talc powder, over the counter vaginal preparations or feminine hygiene spray. These products may contain chemicals that can irritate the vulvar skin.
- You **do not need to shave/wax the area** in order for you or your doctor to examine your skin. Genital skin is sensitive, so shaving and/or waxing the area can be irritating to the skin. Instead of shaving or waxing, try trimming your pubic hair with round-tip scissors.



If you are having your period (menstruation):

- Use 100% cotton pads when possible. The package should say 100% cotton. Be careful with products that have labels such as “cotton-like cover” or “cotton-like feel” as they may not be made with cotton.
- Do NOT use synthetic panty liners or pads to absorb the blood.
- You are fine to use tampons (either synthetic or cotton tampons are ok)

When choosing clothing and underwear:

- Do NOT add fabric softener to clothing and underwear.
- Wear cotton underwear and pantyhose with cotton panels to avoid contact with synthetic materials (e.g. rayon, nylon, polyester). Synthetic materials make it hard for your skin to breathe which slows the healing process.
- Wear loose clothing that helps the air to circulate around the genital area.

