

# Advice about washing and bathing for your vulval condition

Women and Children's Division  
Information for patients

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## What products should I avoid using?

Vulval skin is sensitive and can easily be irritated by everyday products including soaps, bubble baths, shower gels, talcum powder, baby / hygiene / feminine wipes, perfumes, personal deodorants and antiseptics such as Dettol.

All these products may make your skin more sore and uncomfortable so we advise washing with an emollient cream instead of soap.

## What products should I use instead?

### Emollients

Emollient creams are used instead of soap and can also be used to moisturise and soothe the skin if sore or itchy.

We advise you to use Cetraben emollient cream.

You can apply the cream directly to the skin or use a soft cloth to wash with or clean the area. After washing and patting dry you can apply more cream if the skin is dry or sore.

Remember to use the cream regularly and as often as you need. There is no restriction on when and how much to use. It can also be kept in the fridge and then applied to cool and soothe the skin.

We also advise that you do not apply your emollient cream and other treatments at the same time, as you will reduce the effect of the treatment cream and risk spreading the treatment cream to other areas that do not need it. So leave a gap (at least 30 minutes) between moisturising and applying your other treatments.

It is very important that you use the emollient cream in the daytime whilst you are still using a steroid cream.

Emollients are unlikely to cause side effects unless you are allergic to one of the ingredients. If your skin condition gets worse after using an emollient, or if you develop a rash or the cream stings, stop using the cream and speak to your doctor or nurse.



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