

- Care of genitalia is important in adults and children.
- Parents should take care of genital hygiene of infants and children.
- Adolescents should receive proper education in a scientific way.



During infancy and childhood

- **Wash frequently with water** after passing urine and motion. Wet wipes can be avoided, damp cotton wool be used for cleaning.
- **Change Diapers** at regular intervals
- **Avoid harsh or medicated soaps**
- **Avoid** creams with **steroid combinations** or talc.
- Clean Perianal area from front to back after stools **to avoid urinary infection.**
- **Avoid Vigorous cleaning.**



Adolescents and adults

- Practice frequent **change of sanitary napkins/ cloth**
- Tampons or menstrual cups should be used cautiously
- **Prefer trimming of pubic hair over razor or epilation.**
- Chemical epilators- best avoided.
- Immediately seek medical help in case of abnormal discharge or any sores
- **Avoid self medication**
- **Avoid using deodorants or sprays.**
- Wash frequently with **plain water** after passing urine and dry the area. Do not use same towel/cloth for wiping. Can use disposable tissue.
- **Avoid use of fancy commercial washes**
- Avoid vaginal douching and cleaning inside of vagina as it is a **self cleaning organ.**



CONTRIBUTORS- Dr Dhanshree Bhide, Dr Rashmi Mahajan, Dr Smita Prabhu, Dr Dipti Desai, Dr Krati Mehrotra, Dr Nisha Chaturvedi, Dr Sujata Sengupta, Dr Sahana Srihari, Dr Mansi Kansal, Dr Mamatha.

IADVLEC and SIG FGD (IADVLAcademy)

Dr Dhanshree Bhide
Dr Lalit Gupta
Dr Vijay Zawar

Dr Rashmi Mahajan
Dr Rashmi Jindal
Dr Dinesh