

SEXUAL HYGIENE IN WOMEN

Do's Don'ts before and after sex!

- Wash hands with soap and water before and after sex to prevent transfer of germs
- Wash vulvar area with plain water from front to back, both before and after sex.
- Urinating after sex can flush out bacteria from the urethra



- Do not douche, it can lead to infection, inflammation, and upset in balance of healthy protective vaginal bacteria.
- If the vagina is dry, provide additional lubrication using lubricant jellies applied before the act

- Retaining or trimming pubic hair is a personal choice.
- Pubic hair in fact provides cushioning and reduces friction during sex, however, if opting for removal, trimming is a safer option than shaving or waxing.
- Chemical depilatories should not be used



- Sex during menstruation: is a personal choice. Menstrual blood provides natural lubrication, and it can give relief from menstrual cramps. However, there is an increased risk of infections.
 - Do not indulge in oral sex if your partner has sores around the genitalia or mouth
- Condoms if used, have to be worn before initiation of the sexual act, and removed in toto and disposed of properly
 - If there is pain or discomfort during sex, always seek medical help
- Safe sex practice: single partner, use condoms whenever possible, do not indulge in sex under the influence of alcohol or drugs.

- **Prevention is better than cure, when it comes to sexually transmitted infections**

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