



## **FEMALE GENITAL HYGIENE: Dos and Don'ts**

- SIG on Female Genital Disorders

### **CLEANING:**

- Wash gently after every time you use toilet

Wash from front to back, never the reverse

Use plain water, or mild soap

If water not available, dab gently with clean tissue or cotton cloth

Take special care of skin folds

All skin folds to be pat dried gently.

Vaginal hygiene washes should be used only if advised by a certified dermatologist or gynaecologist, and should not be continued beyond recommended time

- Teach female children to wash and pat dry properly.

Parental supervision is required to ensure no fecal matter is left in the perianal area after washing

Disposable diapers to be changed very few hours, or earlier, if soaked.

Older children should be educated not to touch or handle the genital area multiple times, especially during adrenarche.

### **UNDERGARMENTS:**

- Use loose cotton undergarments

- Change whenever moist, wet; preferably twice a day
- Never use harsh detergents to wash
- Rinse thoroughly

### **MENSTRUAL HYGIENE**

- Preferably soft, absorbant cotton pads
- If using reusable cloth pads, take care to wash and dry properly, and hot iron before use
- Change pads frequently, atleast once in 4 hours
- Wash hands with soap and water before and after every change
- If using tampons, take care to insert properly with clean hands and not to retain within the cavity for more than 6 to 8 hours.
- Choose the size according to body anatomy and flow
- Dispose hygienically

### **HAIR REMOVAL:**

- For aesthetic and hygiene purpose
- Best method is trimming
- If shaving, wet and lather the area properly, and take care not to hurt, especially hard to reach areas
- Avoid chemical depilatories, waxing
- In case of folliculitis and infection, seek quick medical attention

### **WHEN TO SEEK HELP**

- Prolonged itching or pain
- Copious discharge from vagina
- Pain during sexual intercourse
- Unexplained lump or bleeding