



Vulvar Contact Dermatitis



Or.Dhanashree Bhide M.O.,O.N.B.



Body Fluids Hygiene Products Cosmetics
Soaps and detergents Sexual Support Laundry
Topical Medicaments Local Irritants-tight clothes
Fabric colours Nail Polish Douches Metals
Condoms,diaphragms



Eliminate offending agent
Gentle washing of vulva with hands
Avoid soap.sponges or washcloth
Avoid very hot water for bath
Pat dry or cold blower



Avoid Synthetic tight clothing
Avoid fragrant soaps.dyes and detergents
Avoid shaving-clip or trim
Use natural products for lubrication-coconut oil



Use of vaseline or zinc oxide ointment to protect from exposure to urine ,blood or natural moisture



**CONSULT YOUR DERMATOLOGIST
AVO ID SELF MEDICATION**

If area remains damp.sprinkle fragrance free absorbent powder
Avoid panty liners

Bothered about constant irritation in vulvar area ??Think about this