



SITZ BATH IN WARM WATER

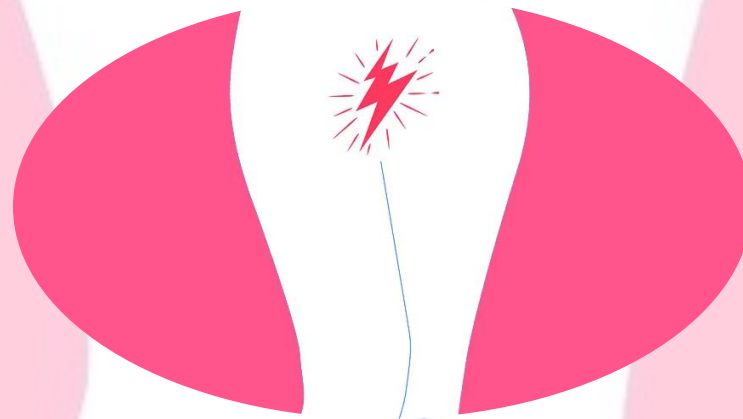
WHAT YOU SHOULD DO

- Do not panic
- Think back for any causes
- Inspect the area for any swelling or wound
- Wear loose cotton underclothes
- Stop all harsh soaps, douches
- NEVER SEEK TREATMENT FROM FRIENDS, PHARMACISTS, INTERNET
- Sitz bath twice or thrice daily in warm water for 10 mins
- Approach a qualified Dermatologist at the earliest
- Adhere to treatment instruction

VULVAR PAIN

Dr. Smitha Prabhu

- INFECTIONS – BACTERIAL, FUNGAL, VIRAL
- CERTAIN NON INFECTIOUS LONG STANDING DISEASES, BLISTERING DISEASES, DRUG RASH
- TRAUMA – SEXUAL, NON-SEXUAL
- DURING MENSTRUATION
- NO APPARENT CAUSE – VULVODYNIA
- AS A PART OF NERVE PAIN
- VULVAR CANCERS – RARE, USUALLY IN MIDDLE AGED & OLDER WOMEN



Cotton swab test for pain



WHAT DERMATOLOGIST MAY DO

- Ask questions, examine the area
- Dermoscopy – looking at the area in detail with a hand held instrument
- Common tests like cotton swab test, taking smear for culture and microscopy, especially if there is a wound or discharge
- Inspection of vagina and cervix, and pelvic examination , tests if needed
- Blood tests like routine blood count, sugars
- Rarely, biopsy of the area to study the underlying structures in detail
- Mostly medical treatment & instructions, rarely surgical.