Genital Care

1) Let your vulva* and vagina breathe!
   a) Wear cotton underwear (no synthetics) and even consider not wearing underwear.
   b) Avoid tight clothing (tight pants, jeans, panty hose or tights, swim suits, leotards, thongs, lycra)
   c) Favor loose pants or skirts
   d) Wear no underwear at night

2) Change out of sweaty workout clothes IMMEDIATELY when done with your workout.

3) Minimize products on your vulva. Your vulva is highly sensitive: apply no perfume, perfumed soap, dyed toilet articles, shampoos, detergents, or douches on vulvar tissues.

4) Use mild soap for body care (like Dove soap). Mild Soap is NOT the same as a “natural” soap. Natural soaps are not necessarily mild soaps.

5) Apply water only to your vulva (don’t use a bar soap or a liquid soap)

6) Dry this area well. Consider using a blow dryer on a low setting if you are struggling with recurrent yeast. Leaving this area open to the air to dry is also a good plan.

7) Minimize pad use. Do not use a plastic lined panty liner every day: this prevents good air circulation and can also cause chafing.

8) During your period tampons or menstrual cups are preferable if you are able to insert them.

9) During intimacy, use a vaginal lubricant without dyes or perfumes (Olive oil, KY, Astroglide, Crisco, coconut oil, etc)

10) Avoid bubble baths: use a bath without additives.

11) Use a Hypoallergenic detergent like Arm and Hammer Laundry Detergent.

12) Wash your sex toys after each use.

13) Please, please do not Shave

*Your vulva is the part of the genitals which is not your vagina: the labia majora and labia minora or the outside parts of the genital area.