

## 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.