



Suggestions for non-specific vulvovaginitis in young girls

This generally manifests as itching, discharge, and pain with urination. It is *not* usually caused by an infection, such as yeast, but this should be considered especially if there were recent antibiotics.

- Avoid sleeper pajamas. Nightgowns allow air to circulate.
- Cotton underpants. Double-rinse underwear after washing to avoid residual irritants. Do not use fabric softeners for underwear and swimsuits.
- Avoid tights, leotards, and leggings. Skirts and loose-fitting pants allow air to circulate.
- Daily warm bathing is helpful as follows:
 - Allow the child to soak in clean water (no soap) for 10 to 15 minutes.
 - Use soap to wash regions other than the genital area just before taking the child out of the tub. Limit use of any soap on genital areas.
 - Rinse the genital area well and gently pat dry.
 - A hair dryer on the cool setting may be helpful to assist with drying the genital region.
- Do not use bubble baths or perfumed soaps.
- If the vulvar area is tender or swollen, cool compresses may relieve the discomfort. Wet wipes can be used instead of toilet paper for wiping as long as they don't cause a "stinging" sensation. Emollients may help protect skin.
- Review hygiene with the child. Emphasize wiping front-to-back after bowel movements. Have her sit with knees apart to reduce reflux of urine into the vagina. If she has trouble with this position because of small size, she can use a smaller detachable seat or sit backwards on the toilet (facing the toilet). Children younger than five should be supervised or assisted in toilet hygiene.
- Avoid letting children sit in wet swimsuits for long periods of time after swimming.

Other considerations:

- A diaper cream applied on dry skin one to two times a day may be helpful.
- If the above are not helpful, you can try a yeast cream (such as Monistat) applied like a diaper cream to the area twice a day for 5-7 days.
- Call us at (970) 619-8139 if there are persistent symptoms, severe pain with urination, fever, abdominal pain, discharge, or any other signs that concern you.