

## **Vulvovaginitis**

- Give a sitz bath daily without bubbles or other chemicals or oils in the bath water.
- Pat the perineal area dry
- Apply a barrier cream to help the skin to heal beneath it
- Discourage scratching the skin directly
- Teach proper urinary hygiene with sitting on the toilet with legs wide apart and proper wiping
- Discourage tight fitting (i.e.: leotards or tight pants) or wet pants (wet from dribbling, wet bathing suits or sweaty pants)
- Follow-up for any pain with urination, worsening of symptoms, daytime wetting in someone already toilet trained or for vaginal discharge