

Patient Information

Vulvovaginitis

Children's Services



Introduction

The purpose of this information leaflet is to help families to manage a child with recurrent vulvovaginitis.

This information leaflet is given out in addition to the verbal advice offered in the clinic.

Treatment

In general, vulvovaginitis does not require any specific treatment although occasionally an oestrogen cream or nappy rash cream may be used to relieve symptoms.

Prevention

The following simple steps can reduce the risk of vulvovaginitis:

- Avoid constipation and soiling. Discuss this with your GP. Your child may need a laxative, as well as a high fibre diet.
- Proper wiping after passing stools (poos). In young girls, it is important to wipe from front to back to prevent bugs getting onto the vulva.
- Avoid irritants, e.g. bubble bath. Proper cleanliness is very important. Showers are preferable to baths.
- If baths are taken, do not use bubble bath.
- White toilet paper is less irritating than coloured paper.
- Avoid nylon underwear. Loose cotton underwear is best.

Please use this space to write down any questions you wish to ask:

Further information

NHS 111

☎ 111

or Contact your GP

NHS website - www.nhs.uk

Useful Telephone Numbers

Bluebell Ward, Lister Hospital
Stevenage

☎ 01438 284008

Children's Emergency Department
Lister Hospital

☎ 01438 284333

Urgent Care Centre, New QEII
Welwyn Garden City

☎ 01707 247549

Community Children's Nursing Team

☎ 01438 288370