

# How do I take care of the vulva & vagina?

- Do not use harsh chemicals to wash this area.
- Washing too often, or rubbing too hard when drying, can irritate the skin.
- Use lukewarm water and non-soap cleansers.
- Wear well fitting clothing and avoid thongs, girdles, tight jeans and tights.

# How do I take care of the vulva & vagina?

- Use white cotton underwear.
- Use mild detergent and avoid fabric softeners.
- Use natural cotton disposable menstrual pads.
- Avoid perfumed pads and bubble-baths.