

VULVOVAGINITIS

Itchy irritated privates and burning when she pees.

If your child has a normal urine dipstick test and we've diagnosed her with vulvovaginitis, here's what you need to do to get her feeling normal again!

Bathing

- No bubble baths or liquid soaps added to bathwater.
- Use a gentle bar soap, like Dove.
- Have the child sit cross-legged and wash privates by using washcloth and gently patting area. Do NOT use soap on private areas - rather wash with water only.
- If she likes to play or lounge in the tub, do this playing first before bringing out any soap. Once the soap comes out, the clock is ticking; clean the body, rinse with fresh water from the tap and get out right away.
- If the private area appears dry, you can apply some Aquaphor or Vaseline.

Using Bathroom/Wiping

- When urinating, have her sit with legs spread wide. This makes it easier to stay clean and dry.
- After urinating, pat dry (not wipe) with plain toilet paper.
- After pooping, make sure she wipes front to back.
- Do not use any baby wipes or bathroom wipes, even ones that say they're gentle or are alcohol-free. If a wetted wipe is desired, use toilet paper and water instead.

Other Instructions

- Wear breathable cotton underwear.
- Change underwear frequently if sweaty.
- Sleep in a night-shirt without underwear.
- Do not hold urine or poop.
- Drink lots of water.

Follow-up for signs of urinary tract infection, which may include:

- Painful urination
- Urine of unusual odor or color
- Blood in urine
- Fever
- Back pain or belly pain

- Nausea and vomiting
- Any problems that persist more than a few days after being seen.