

Instructions for care of genital area

- Use care products specifically intended for the intimate area
- Wash 1–2 times a day with lukewarm water without soap or detergent
 - Gently pat dry, avoiding rubbing
- If you need to use a skin care oil or balm after washing, use only products developed specifically for the intimate area
 - There is a wide range of products available, ask your pharmacist for advice
- Do not remove the pubic hair
- Pay attention to the material and quality of sanitary pads
 - Avoid using tampons or highly absorptive sanitary pads
- Do not use panty liners
- It is important to use lubricants for intercourse
 - However, if you are having pains, avoid intercourse
- The use of lactic acid bacteria during a course of antibiotics may prevent yeast infection
- Wear airy pants, avoid tight clothes and thongs, the best material for underwear is white cotton

Other considerations

- When doing laundry, use non-irritating (no dyes, fragrances, enzymes) detergents, do not use fabric softeners
- Bear in mind that cycling, horse riding and swimming in chlorinated water may worsen irritation
- Itching and irritation can be relieved by having a sitz bath in a solution of water and sodium bicarbonate
 - Add 4–5 tablespoons of baking soda in warm water and sit in the sitz bath for 10–15 minutes a couple of times a week
- Reducing the intake of sugar and white wheat may also prevent yeast infections

If symptoms persist or become worse, please contact health care!