

Healthy Vulvar Hygiene Practices

Avoid	Substitute
Clothing	
Tights or pantyhose	Stockings with a garter belt Thigh-high or knee-high stockings
Synthetic underwear	Cotton underwear or no underwear
Tight pants	Loose pants, skirts, dresses
Swimsuits, leotards, thongs, lycra garments	Loose-fitting cotton garments
Cleansing products	
Scented soaps or shampoos	Fragrance-free pH neutral soap
Bubble bath	Tub baths in the morning and at night without additives and at a comfortable temperature (not too hot)
Scented detergents	Unscented detergents
Baby-wipes or flushable wipes	Rinse with water using sports water bottle
Feminine sprays, douches, powders	These are not necessary products and should be omitted
Other	
Washcloths	Use fingertips for washing; pat dry, do not rub dry
Panty liners	Tampons or cotton pads
Dyed toilet articles	Toilet articles without dyes
Hair dryers to dry vulva skin without contact	Dry vulva by gentle patting

Adapted from Up-to-date 12/2019