



Emergency Department

Vulvovaginitis

Information for Parents/ Carers

What is Vulvovaginitis?

This is an infection or inflammation in and around the vagina, vulva and the surrounding skin of the genital area.

This is a very common condition in young girls because they have less resistance to infection, as they are not producing the hormone estrogen until they begin to develop through puberty. There is also no pubic hair to protect this area, and it also is close to the anus (back passage) where potential infections can occur.

Signs and Symptoms

- * Itching
- * Redness
- * Soreness around genital area
- * Vaginal discharge, which may or may not smell
- * Pain or discomfort while passing water (urine)

**How to help your child**

There are some things that you can do to help your child with vulvovaginitis.

The most important of these is to be particularly careful about keeping the parts around the vulva and vagina very clean.

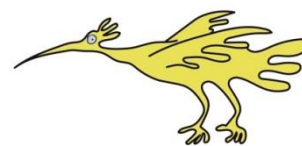
The following can help improve the symptoms:

- * Wearing loose cotton pants and changing them at least once a day
- * It is also better to avoid wearing pants or pyjama bottoms in bed if possible, or make sure they are loose and cotton if they do wear them
- * Try to persuade your daughter not to wear tights, tight trousers or other clothing particularly when the soreness and irritation is very bad
- * Bath daily in warm water- do not add anything else into the bath water
- * Always wipe or wash her genital area from the front to back
- * Always try to use a non-scented, mild soap, or no soap at all
- * Dry thoroughly afterwards (pat dry, don't rub)
- * Creams such as E45, Sudacrem, or Vaseline may be helpful as a barrier

What to avoid:

- * Avoid the use of talcum powder.
- * Try to avoid constipation by giving plenty of fruit and vegetables.

If the symptoms remain a problem after the above measures or you are worried there are new concerning symptoms seek advice from your general practitioner (GP) or another healthcare professional.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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