

## **Healthy Female Hygiene** (For girls before puberty)

Hygiene is a very important part of overall health. It is important to keep the vaginal area dry and clean. This will help avoid irritation and infections.

Follow these tips for your child:

<b>Have your child:</b>	<b>Don't let your child:</b>
<ul style="list-style-type: none"> <li>• Wear cotton underpants. If needed, change panties mid-day.</li> <li>• Wear a nightgown without underpants.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear tights, leotards, thong panties or sleeper pajamas for a long period of time.</li> </ul>
<ul style="list-style-type: none"> <li>• Take a bath or shower each day. Wash in clean water for no more than 7 minutes. Wash with mild, unscented soap just before getting out of the tub.</li> <li>• After the bath, rinse the vaginal area well. Gently pat the area dry. Do not rub.</li> </ul>	<ul style="list-style-type: none"> <li>• Use bubble bath, perfumed or scented soaps or lotions.</li> </ul>
<ul style="list-style-type: none"> <li>• Wipe gently from front to back after going to the bathroom.</li> <li>• For sensitive skin, use wet wipes instead of toilet paper. Make sure the wipes are unscented, hypoallergenic.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a wet swimsuit or sweaty exercise clothes for long periods of time.</li> </ul>
<ul style="list-style-type: none"> <li>• Use a hypoallergenic laundry detergent to clean undergarments.</li> </ul>	<ul style="list-style-type: none"> <li>• Use fabric softeners in either the washer or dryer.</li> </ul>
<ul style="list-style-type: none"> <li>• Use a cool, clean washcloth if the area is tender or swollen.</li> <li>• Talk to your healthcare provider if you think your child needs skin protectant.</li> </ul>	

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**