

Taking care of your genital skin



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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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You may have been given a diagnosis of a genital skin condition or it may be that your genital skin is dry, sore or irritable.

Here are a few suggestions to help take care of your genital skin:

- avoid washing with soap or shower gel, (even soaps specially formulated for the genital skin), and instead use an emollient soap substitute or cream. There are many different types of emollient available to buy from a pharmacy or chemist, or online sites such as Amazon. We suggest you buy one of the following:
 - * Aquamax Cream[®] (note: most standard versions of aqueous cream contain a chemical called sodium lauryl sulfate, which is an irritant found in many soaps, so are best avoided)
 - * Cetamacrogol cream, (such as generic unbranded versions (cheapest) or Hydramol[®])
 - * Epaderm[®] ointment
 - * Alternative emollients that can be used include Diprobase[®] and Cetraben[®].
- this emollient can also be used as a moisturiser
- try to shower rather than bath. Wash your hair with your head down and forwards to avoid shampoos etc running onto your genital area
- avoid using wipes or freshening sprays on the genital skin
- wear cotton underwear
- use non-biological washing powders
- for women, try to use unbleached, non-perfumed sanitary protection
- try to avoid shaving or waxing as this causes trauma to the skin.

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