

More tips

After using the toilet wipe yourself from the vagina to the anus and not the other way around. This will protect you from spreading germs and infections.

If you are taking antibiotics, you can prevent fungal infections using precautionary suppositories for the vaginal area with Lacto bacteria (from the pharmacy).

Intimate shaving

Shaving pubic hair belongs to the daily care for a growing number of women. When shaving wet it is important to use a clean and sharp blade. Dry shaving and depilatory gels can irritate the hair roots and may cause inflammations.

Genital Piercings

Genital piercings can swell if they are performed under unsanitary conditions or are not properly cleaned or disinfected afterwards.

Choosing a certified piercing studio and following the care instructions and disinfection accurately may decrease the risk of infection.

Genital piercing requires constant observation and care also hereinafter. Redness, swelling and pain must be examined by a doctor.

Good To Know

The Information Centres of the Public Health Department in North Rhine-Westphalia regarding HIV/AIDS and Sexual Health offers anonymous and free consultations on all sexually transmitted infections.

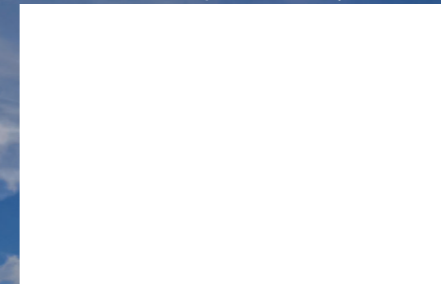
Further Information

www.wie-auch-immer.vak-nrw.de

You can talk with us. We advise and help competently, confidentially, anonymously and free of charge.

Information Centres of the Public Health Department in North Rhine-Westphalia regarding HIV/AIDS and Sexual Health

The Public Health Department near you



ANYWAYS

Information on feminine hygiene

Gefördert vom

Ministerium für Arbeit,
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Englisch

Women's intimate care

This information guide provides some indications and tips in order to avoid sexual transmitted infections (STI), as well as other infections and diseases.

STI are usually very easily transferable. Some STI can be detected by observing changes or complaints, others only by targeted investigation.

For proper diagnosis and therapy a medical consultation and examination is necessary.

The Public Health Departments of North Rhine-Westphalia offer anonymous and free consultation. Please inquire about whether free examinations and treatments are possible and whether costs arise.

Cleaning

Over-cleanliness as also insufficient hygiene can lead to vaginal infections and allergic reactions.

Frequent daily washing weakens the natural defense mechanism of the skin.

Perfumed soaps and bath additives attack the acid protection coat of the skin. Warm water is enough for cleaning the outer intimate area. If ever, then women should use a wash lotion in the low (acid) pH range (pH 3.5-4.5).

Using disposable washcloths would be appropriate for this purpose.

Intimate sprays, moisturizers, wet wipes and deodorizing panty liners irritate the skin and can cause allergic reactions / inflammations.

Please avoid vaginal rinses at any time or under any circumstances.

Menstruation

When you are menstruating the vagina's own cleansing mechanism takes charge of getting rid of bacteria so wash your private parts using only warm water.

Pads attach to the crotch of underpants to absorb your menstrual flow after it leaves the body. In order to prevent germs, avoid pads that are artificial coated with synthetic fiber.

Tampons and soft tampons are inserted into the vagina to absorb menstrual flow before it leaves your body. To avoid infections, they must be changed at least after 6 to 8 hours.

Be sure to wash your hands with soap very well before inserting menstrual hygiene products in the vagina.

Use soft tampons according to the instructions. To avoid the risk of infection, do not reuse or wash them out. Under any circumstances, never cut soft tampons, otherwise they can slip unachievably deep into the vagina. In this case, they have to be removed by a doctor as quick as possible to avoid serious health problems.

It is recommended to use hygienic pads only when having vaginal infections and low menstrual flow.

Diseases/Infections

A bright to white vaginal discharge is normal and it is not necessarily a sign of an infection.

In case you observe a change of vaginal discharge due to the color (yellowish, greenish), or the smell (fishy) or the texture

(crumbly, frothy), it is important to seek medical advice. Self-treatment is not recommended in this case.

Underwear/Pads

To prevent infections, the daily changing underwear should be washable at 60°C and contain a high percentage of natural fabric in order to absorb sweat and allow the skin to breath.

Underwear made of synthetic fabrics creates a "wet area" which facilitates the spreading of germs. Pads that contain synthetic fabric have the same effect.

String and lace underwear are a permanent stimulus for sensitive skin and therefore should be worn on exceptional occasions. It is not recommended to wear them during acute infections.