

Call the office if

- Your child's symptoms are not getting better after 72 hours of treatment.
- You notice vaginal bleeding.
- Your child has pain or burning when urinating, and are urinating more often.
- You have other concerns or questions.

If symptoms return

- Call the office.
- Do not use Premarin® cream in an on-again/off-again manner. **Do not** use Premarin® cream without calling the office.

Contact us

For more information about the Pediatric and Adolescent Gynecology Program, call (651) 220-5999 from 8 a.m. to 5 p.m., Monday through Friday.

Pediatric and adolescent gynecology team

Rachel Miller, MD
Angela Robbins, RN, CNP

Specific treatment(s) for your child's condition

(see boxes that are checked)

Topical creams/ointments

- Premarin® cream
Apply a thin layer twice a day, for _____ weeks.
- Steroid cream (_____)
Apply a thin layer twice a day, for _____ weeks.

Antibiotic treatment

Instructions

- Amoxicillin _____

- Keflex _____

Antibacterial solution

- PhisoHex liquid soap
Add 1 teaspoon to bath water
1 to 2 times a week.

Vulvovaginitis in Young Girls

Pediatric and Adolescent Gynecology Program

(651) 220-5999

11-08/5621

★ What is vulvovaginitis?

Vulvovaginitis is a condition that affects the vagina or the outer genital area (the vulva). A young girl with vulvovaginitis may experience redness, soreness, burning, itching, or vaginal discharge.

What causes vulvovaginitis?

There are many possible causes of vulvovaginitis. The most common are:

- Irritation of the genital area, due to harsh soaps, detergents, chemicals (chlorine, bubble bath), poor hygiene practices, and tight clothing
- Infections, for example with bacteria
- Skin conditions, such as eczema

It is important to be examined by a health care provider who can find out the cause of the problem.

Prevention and treatment

1. Teach good hygiene

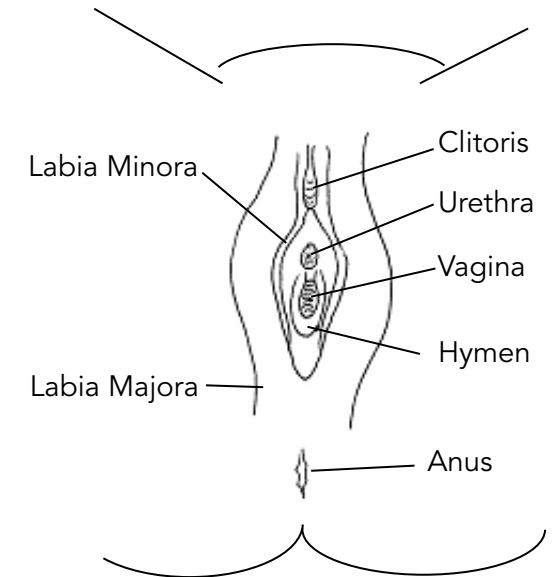
- Wash hands before and after toileting.
- Wipe from front to back after urinating- consider using toilet paper wipes or damp gauze.
- Urinate with knees spread apart and stay seated on the toilet until finished urinating to allow all the urine to come out.
- Take a bath (not a shower) every day. Soak in a frog-leg position in a tub of plain water for 10 to 15 minutes daily.

- Wash the genital area very gently during a bath, using a mild bar soap such as Dove® and make sure to wash between the folds (labia). Rinse well after a bath with clear water.

2. Avoid irritation

- Wear white cotton underwear and avoid wearing underwear at night.
- Avoid harsh laundry detergents and bleach, and make sure underwear is rinsed thoroughly. Avoid fabric softeners and dryer sheets.
- Do not use bubble bath or add anything else to bath water unless prescribed by your health care provider.
- Use a mild, hypoallergenic bar soap, such as Dove®. Avoid deodorant soaps.
- Avoid tight jeans or pants, pantyhose, and tights.
- Avoid sitting in a wet bathing suit after swimming – rinse off after swimming and change as soon as possible into dry clothing.
- Make sure all soap is washed off after bathing, and do not allow a bar of soap to float around in the bathtub.

★ Genital area of a young girl ★



After treatment

- Come to the follow-up appointment, even if the symptoms are better. We want to be sure the infection is gone.
- Continue baths including PhisoHex, and focus on hygiene.
- **Stop** Premarin® after the course of treatment.