

## After the adhesions are gone

- It is important to keep the labia from adhering again.
- Continue good vulvar care.
- Apply ointment like vaseline every night until breasts start to develop at puberty. With help, she may learn to do this herself.
- Without this continuing treatment, the adhesions are very likely to come back.
- Check the area every few months if she is applying the ointment herself to be sure that the adhesions aren't coming back.
- Labial adhesions do not cause future gynecologic problems.

If symptoms return after you have been treated

- Do not use cream without calling the office.
- Do not use in an on-again/ off-again way.
- Call the office if the adhesions recur in spite of efforts to prevent them.

## Clinic locations

### Children's – Minneapolis

#### Children's Specialty Center (CSC)

2530 Chicago Avenue South  
Minneapolis, Minnesota 55404

### Children's – St. Paul

#### Garden View Medical Building

345 North Smith Avenue  
St. Paul, Minnesota 55102

### Children's – Minnetonka

6060 Clearwater Drive  
Minnetonka, MN 55343

### Children's Clinics – Woodwinds

Woodwinds Oak Center  
1825 Woodwinds Drive, suite 400

For directions, visit [childrensMN.org](http://childrensMN.org).

## Contact us

For more information about the Pediatric and Adolescent Gynecology Program, call 651-220-5999 from 8:30 a.m. - 4:30 p.m., Monday through Friday.



## Pediatric and adolescent gynecology team

Rachel Miller, MD  
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## For medical professionals

For referrals or assistance 24 hours a day, call Children's Physician Access at 612-343-2121, Twin Cities Metro, or toll-free 866-755-2121.



# Labial Adhesions

Pediatric and Adolescent  
Gynecology Program  
651-220-5999



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## What are Labial Adhesions?

Labial Adhesions occur when the inner lips of the female genitals (labia) temporarily grow together (adhere). This is most common in young girls age three months to six years.

## What are Labial Adhesions?

Usually, irritation of the skin makes the labia start to grow together. Poor genital hygiene, eczema and bacteria that are always present in the area are usually the cause. Appropriate vulvar care is important to treat adhesions and to prevent them from coming back.

## What is the treatment?

If a girl does not have symptoms, treatment is not needed. Surgery is almost never needed. The best treatment for labial adhesions is estrogen cream or steroid ointment followed by preventive measures.

Apply the cream:

- Two times a day
- Use a pea-sized amount
- Put the cream in the middle of the adhesion and apply slight pressure with your clean finger
- For two to eight weeks as directed by your doctor

With this treatment, the adhesions become thin and usually separate on their own.

## Vulvar care

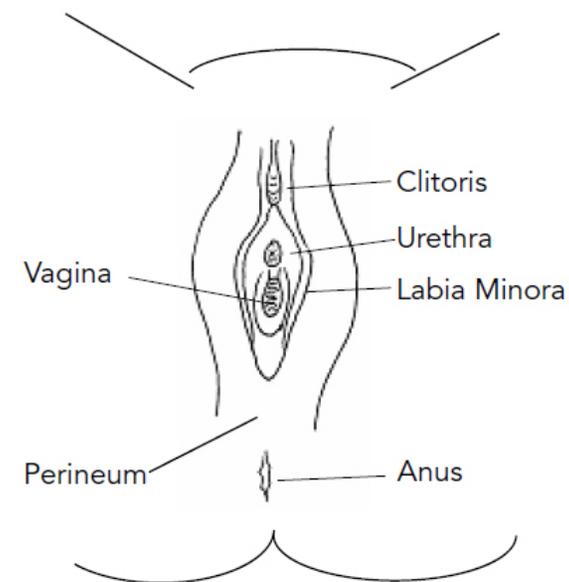
### 1. Teach good hygiene

- 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 bathtub of plain water for 10 to 15 minutes daily.

### 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.
- Make sure all soap is washed off after bathing, and do not allow a bar of soap to float around in the bathtub.
- Avoid tight jeans or pants and tights.
- Avoid sitting in a wet bathing suit after swimming – rinse off after swimming and change as soon as possible into dry clothing.

## Normal female genitalia



## Labial Adhesion

