

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.



Children's – Minneapolis Children's Specialty Center

2530 Chicago Ave. S.
Minneapolis, MN 55404

Children's – St. Paul

345 North Smith Avenue
St. Paul, MN 55102

Children's – Minnetonka

6060 Clearwater Drive
Minnetonka, MN 55343

Children's Clinics – Woodwinds

Woodwinds Oak Center
1825 Woodwinds Drive, suite 400
651-232-6800

For directions, please visit childrensMN.org.

Pediatric and adolescent gynecology

Rachel Miller, MD
Anne Marie Priebe, DO

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.



Vulvovaginitis in Young Girls

Pediatric and Adolescent
Gynecology Program
651-220-5999



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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 soaps, detergents, chemicals (chlorine, bubble bath), poor hygiene practices, and tight clothing
- Infections, for example with bacteria such as strep
- Skin conditions, such as eczema

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

Prevention and treatment

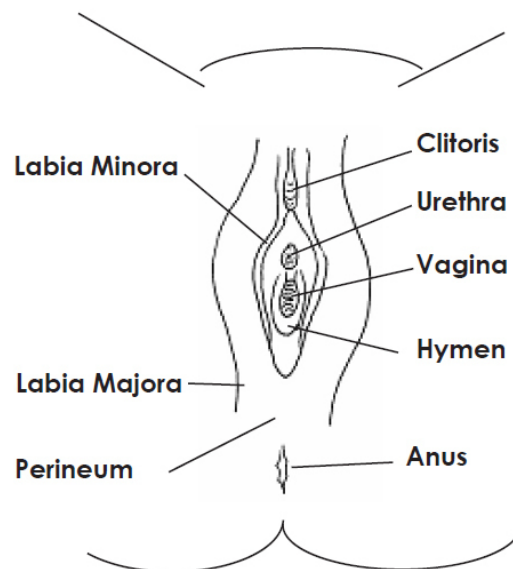
1. Teach good hygiene

- 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 while leaning forward 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.
- Avoid constipation.

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 doctor.
- 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 or shampoo 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.

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 you are better.
- Continue baths and focus on appropriate vulvar care.

Call the office if

- Your child's symptoms are not getting better.
- You notice vaginal bleeding.
- Your child has pain or burning when urinating, and is urinating more often.
- You have other concerns or questions.
- Symptoms return.

Specific treatment(s) for your child's condition (see boxes that are checked)

Topical creams/ointments

- Clindamycin cream/Metronidazole Gel
- Steroid ointment

Antibiotic treatment

- _____

Antibacterial solution

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