

How to Care for Your Vagina

Washing

The Inside of your vagina is self cleaning—it needs and wants no help with staying clean. In fact cleaning inside the vagina *especially* with soap alters the vagina's natural balance and can **cause** Yeast infections and Bacterial Vaginosis.

The inner lips along with the clitoris and surrounding area like to be rinsed with water when you bathe. This is the part of your outer vagina that is always slightly wet and moist but is NOT inside your body.

The outer vaginal lips which has hair on it, and all the area where the hair grows does need to be cleaned. This area, and the area around your anus (where you poop from), likes water AND soap. If you are having problems with frequent Bacterial Vaginosis using anti-bacterial soap can be helpful—but ONLY in this area

Drying

Generally patting dry with a towel is all that you need. However, if you are having problems with frequent Yeast infections, you might try using a hair dryer to dry your outer skin where the hair grows and the area around your anus. This can help get rid of any yeast that is living on your skin.