

Treating your vulval skin condition

Women and Children's Division
Information for patients

Produced: Sep 2020
Review: Sep 2023
Leaflet number: 727 Version: 2

Introduction

Your doctor or nurse has advised the following treatments to treat your skin condition:

- **A cream (emollient) for washing and soothing the skin:**

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Your vulval area can be washed using cream and it can be applied to the skin whenever it feels itchy or sore. You may wish to keep the cream in the fridge so that it can be used to cool and soothe the skin. Also if the area is very sore, especially after going to the toilet, you can cleanse the area using your emollient cream.

Topical steroids are used to treat your skin condition and should be applied after washing and gently patting the area dry. It is easier if you lie flat and part your legs - use a small mirror to show you where to apply the treatment. Always wash your hands before and after applying the treatments.

Your doctor or nurse has advised you to apply one fingertip unit (FTU) of:

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One fingertip (FTU) is the amount of topical steroid that is squeezed out from a standard tube along an adult's fingertip. A fingertip is from the very end of the finger to the first crease in the finger. It does not mean a blob on the fingertip.



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How long do I need to use the topical steroid for?

(Your doctor or nurse will make it clear below how often you need to use the cream)

1 FTU once at night for 4 weeks / 2 weeks

1 FTU every other night for 4 weeks / 2 weeks

1 FTU twice weekly (at night) for 4 weeks / 2 weeks

Please use the above treatment as directed by the hospital even though it may differ from the instructions on the box.

Use the diary overleaf to record how well the cream is working.

Symptom diary	Symptoms	Score (1 to 10, 10 being the worst)	What have you done to get relief?
Week 1 Date of application of cream			
Week 2 Date of application of cream			
Week 3 Date of application of cream			
Week 4 Date of application of cream			

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਸਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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