

Treating your vulval skin condition

Gynaecology

Information for patients

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Introduction

Your doctor or nurse wants you to use 2 types of cream to help your skin feel better:

1. **A moisturising cream (emollient) helps clean and calm your skin:**

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You can use it to wash your private area (vulva). Especially when it is itchy or sore. Keep the cream in the fridge. You can use it to cool and soothe the skin. You can also wash the area with the cream if it is very sore, especially after going to the toilet,.

It is safe to use unless you are allergic to one of the ingredients. If your skin gets worse or if you start to get a rash or the cream stings, stop using the cream. Speak to your doctor or nurse.

2. **A steroid cream/ointment to treat the skin condition**

Your doctor or nurse has advised you to apply 1 fingertip unit (FTU) of:

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Steroid creams and ointments are used to treat the skin problem directly. Use it after washing and drying the area gently. It is easier if you lie flat and part your legs. Use a small mirror to help you to see where to apply the cream. Always wash your hands before and after using the cream. Use it at night. Do not use other hormone cream at the same time.

1 fingertip (FTU) is the amount of steroid that is squeezed out from a tube along an adult's fingertip.

A fingertip is from the very end of the finger to the first bend (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 steroid cream/ointment for?

Your doctor or nurse will tell you how often you need to use the cream or ointment.

- 1 FTU once at night for 4 weeks / 2 weeks
- 1 FTU every other night for 4 weeks / 2 weeks
- 1 FTU 2 times a week (at night) for 4 weeks / 2 weeks

Please use the above treatment as directed by the healthcare professional. Please be aware it may say something different in the instructions in the box.

In the information in the box it often says that you must not use steroid treatment on the genital area. Please be aware that it is safe to use this treatment in this area. We have been doing so for many years. It does not cause any problems if you follow the advice you have been given.

Side effects:

Some people may have a stinging or a burning feeling at first. This happens when the skin is raw or very dry.

Use the moisturiser (emollient) prescribed 2 to 3 times a day to help with this before you use the steroid in the night.

If things do not get better or the soreness carries on after a week, **stop** the cream. Call your consultant through their secretary.

What not to use

The skin around your vulva is very sensitive. Do not use these items:

- soaps, bubble baths, shower gels,
- talcum powder, baby / hygiene / feminine wipes,
- perfumes, deodorants and antiseptics such as Dettol, Savlon

All these products may make your skin feel worse.

How to use the moisturising cream

- Use it instead of soap.
- You can put it straight on your skin or use a soft cloth.
- After washing and drying, put more cream on if your skin feels dry or sore.
- Use it as often as you need, there is no limit.
- Keep it in the fridge to help cool your skin.

