

# Genital Skin Care

---

Genital skin is delicate and more prone to irritation than other skin on the body. Good skin care can improve dry, itchy, and irritated skin.

The following tips may assist:

## ***1. Washing, showering or bathing***

- use a soap substitute such as sorbolene or aqueous cream, or mild cleansers
- when having a bath add a small amount of unscented bath oil
- washing once a day is usually enough
- use cool to warm water

## ***2. Avoid these products***

The following products may cause dryness and irritation and should be avoided:

- soaps and body washes
- tea tree oil and antiseptics
- bubble baths
- perfumed products, 'intimate hygiene products' and 'feminine wipes'
- scented oils
- scented toilet paper
- moist cleaning tissues like 'wet wipes'
- panty liners and pads (use tampons if possible). If pads are required use "unscented" varieties and change pads frequently
- scented washing powders
- genital sprays, douches and talcum powder

## ***3. Decreasing friction or rubbing***

- use fingertips for washing; avoid using a washcloth
- dry skin by gentle patting with a clean, dry towel - don't rub dry
- consider avoiding hair removal. Pubic hair reduces friction on your skin from clothing and skin to skin contact. Waxes, hair removal creams and shaving creams can irritate the skin. If you do want to shave, use a moisturising cream such as sorbolene.
- avoid G strings, tight underwear and tight clothing and choose natural fibres rather than synthetic
- use a water based lubricant for sex

## Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: [www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

[www.health.act.gov.au](http://www.health.act.gov.au) | Phone: 132281 |

© Australian Capital Territory, Canberra August 2017

## Reference

Melbourne Sexual Health Centre (2013) Genital Skin Care Factsheet.  
[www.mshc.org.au](http://www.mshc.org.au)