

Skin care in the genital area

An essential part of managing genital skin conditions in both men and women is careful maintenance of the skin and avoidance of potential irritants.

Genital skin problems include a wide variety of lesions and skin rashes.

They are very common and can be very itchy or painful, distressing or embarrassing. The genitals are covered by a thinner type of skin and may be more sensitive to irritants than other parts of the body.



Care of the genital skin

General advice

- Avoid contact with perfumed soaps, bubble baths and foaming shower gels
- Use emollient soap substitutes for washing; they do not need to lather to clean the skin
- Gently wash the area and pat dry with a soft towel
- Wear loose-fitting clothing and underwear made from natural fibres e.g. cotton
- Avoid nylon tights and tight fitting garments which may irritate the area
- Avoid use of chemical irritants found in some everyday products
 - Avoid biological washing powder and fabric conditioner (for underwear), feminine hygiene sprays, perfumes or wipes and bleached or coloured sanitary products e.g. toilet paper and sanitary towels
 - These chemicals can cause sensitivity, dryness, redness and cracking of the genital skin
- Avoid use of spermicidally lubricated condoms. Be aware that using prescribed creams in this area may weaken condoms
- Use emollients to protect the skin

Use of emollients and soap substitutes

Emollients are widely recognised as having a key role in protecting the skin and restoring skin barrier function.

Avoiding soap and detergents, and using soap substitutes can be soothing and protective to the skin.

The combined use of emollients and soap substitutes helps maintain symptom relief.