

Vaginal Dryness Relief Options™

Explore practical ways to support daily comfort, intimacy and healthier vaginal tissues.



Dryness can affect the vulva, vaginal opening or internal vaginal tissues. The most useful option depends on when symptoms occur and how much they affect you.

Begin With What You Notice



Daily Dryness or Irritation

Symptoms occur during everyday activities, wiping, clothing or a pelvic exam.



Dryness During Sexual Activity

Friction or reduced lubrication makes touch or penetration uncomfortable.



Persistent or More Bothersome Symptoms

Dryness continues despite self-care or occurs with urinary symptoms, pain or repeated UTIs.

Your Options at a Glance

1



Gentle Everyday Care

- Wash the vulva with water or a mild, fragrance-free cleanser if needed.
- Avoid douches, scented wipes, sprays and fragranced products.
- Choose breathable clothing when irritation is present.

Helpful for reducing additional irritation.

2



Vaginal Moisturizers

- Used regularly, not only during sexual activity.
- Designed to support ongoing vaginal moisture and comfort.
- Follow the product directions and stop if irritation develops.

Helpful for recurring daily dryness.

3



Lubricants

- Used before and during sexual activity to reduce friction.
- Water- and silicone-based products are common choices.
- Avoid warming, flavored or irritating ingredients if tissues are sensitive.

Helpful for comfort during touch or penetration.

4



Prescription Treatment

- Low-dose vaginal estrogen, vaginal DHEA or oral ospemifene may be considered.
- The best choice depends on your symptoms, health history and preferences.
- Discuss persistent symptoms and treatment questions with a healthcare professional.

Helpful when symptoms are moderate, persistent or not relieved by nonhormonal care.

Additional Support May Help



Pelvic Floor Physical Therapy

For pain, tightness, leakage or difficulty relaxing.



Sexual-Health Support

For comfort, communication, desire or intimacy concerns.



Further Evaluation

To check for infection, a skin condition or another cause.



You can combine approaches. A lubricant may help during sexual activity while a moisturizer or prescription therapy supports ongoing symptoms.



Gentle Reminder

New or persistent burning, itching, discharge, odor or pain should not automatically be blamed on menopause. Similar symptoms can have other causes.



Martine's Midlife Wellness Tip

Notice when dryness bothers you most. Daily discomfort and friction during sexual activity may need different kinds of support.



Seek medical care for a new sore, lump, skin change, unusual discharge or odor, persistent pain, blood in urine or any postmenopausal bleeding.