



The Gentle Vulvar Care Checklist™

Support sensitive external tissues with fewer irritants and simple everyday habits.



The vulva is the external genital area. It usually needs less cleansing and fewer products than many women have been taught.

Keep Care Simple

1



Wash Gently

- ☐ Use lukewarm water.
- ☐ If needed, choose a mild fragrance-free cleanser.
- ☐ Clean only the external area.

Avoid scrubbing or washing inside the vagina.

2



Pat, Do Not Rub

- ☐ Pat dry with a soft towel.
- ☐ Wipe gently from front to back.
- ☐ Change damp clothing when practical.

Friction can make sensitive skin feel worse.

3



Choose Breathable Comfort

- ☐ Try breathable underwear.
- ☐ Avoid very tight clothing during irritation.
- ☐ Sleep without underwear if comfortable.

Choose what feels comfortable for your body.

4



Simplify Products

- ☐ Skip douches and feminine sprays.
- ☐ Avoid scented wipes, powders and deodorants.
- ☐ Consider fragrance-free laundry products.

More products do not necessarily mean better care.

5



Notice Possible Irritants

- ☐ Scented pads, liners or toilet paper
- ☐ Bubble bath or fragranced bath products
- ☐ Warming, flavored or scented lubricants

Change one product at a time so reactions are easier to notice.

6



Protect Sore Tissues

- ☐ Pause any product that burns or stings.
- ☐ Reduce friction while tissues feel irritated.
- ☐ Ask before using medicated or herbal creams.

Do not apply treatments internally unless they are intended for vaginal use.

A Quick Product Check



Before using something on sensitive tissues, ask:

- | | | | |
|--|--|--|---|
| ☐ Is it fragrance-free? | ☐ Is it intended for the vulva or vagina? | ☐ Does it contain warming, cooling or flavored ingredients? | ☐ Did symptoms begin after I started using it? |
|--|--|--|---|



The vagina cleans itself. Douching can disrupt the vaginal environment and is not recommended for routine care.



Gentle Reminder

Persistent itching, burning, discharge, odor or skin changes may need evaluation. Menopause is only one possible explanation.



Martine's Midlife Wellness Tip

If your current routine feels complicated, simplify it for a week and note what changes. Sensitive tissues often appreciate a quieter routine.



Seek medical care for a new sore, lump, blister, color or texture change, unusual discharge or odor, persistent pain or any postmenopausal bleeding.