



# Vulvovaginitis

## Patient and Family Education

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### What is vulvovaginitis?

Vulvovaginitis is a common problem for girls. It is an irritation, discharge or discomfort in and around the vagina.

### What are the possible symptoms?

Your child may have one or more of the following symptoms in the vaginal area:

- Itching
- Discharge that can be white, green or brown
- Painful or frequent urination
- Redness of skin

If your child has these symptoms, she needs to be seen by a doctor.

### What is the treatment?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow include having your child:

- Wear only cotton underpants
  - Avoid wearing nylon tights and underpants
  - Avoid wearing underpants to bed
- Change diapers often if she is in diapers
  - Avoid wearing tight rubber pants
- Take sitz baths in a tub of warm water.
  - Soak her bottom for 20 minutes.
  - Spread her legs and allow water to cover the area around the vagina.
  - She can do this several times in a day.
- Wipe from front to back after using toilet
- Drink plenty of fluids to keep urine light colored
  - Avoid bubble baths or baths longer than 20 minutes
- Take any medicine prescribed by her doctor

### Call your child's doctor if:

- Your child has a fever  $> 100.3^{\circ}\text{F}$ .
- Symptoms are not better after 48 hours of treatment.
- Day or night pants wetting occurs after she is potty trained.
- You have any concerns or questions about how your child looks or feels.

### Call your doctor right away if:

- Pain with urination becomes severe.
- Your child has stomach or back pain.

### **In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.**

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.