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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Vulvodynia

Women's Health

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you still remain concerned, the team can help you make a formal complaint.

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Useful Website

www.vulvalpainsociety.org

Having read this leaflet if you require any assistance or advice please contact Blanche Heriot Unit telephone **01932 722664** **leaving a message for Nurse Specialist Paula Chaplin.**

Vulvodynia

Describes a group of conditions in which there is an excessive sensitivity of the nerves in the vulva.

There are several causes and correct assessment is essential to determine a diagnosis and prescribe appropriate treatment.

Around 16% of women experience Vulvodynia at some time in their life. The condition can be chronic and may 'flare up' and improve on its own, or may persist and require medical intervention.

There are a variety of measures that can be taken to reduce sensitivity in the vulva:

- Avoid wearing tight clothing/underwear as much as possible.
- Avoid using soap, shower gels, bubble bath, feminine/baby wipes.
- Avoid using shaving gel/foam in the Vulval area – aqueous cream can be used for shaving purpose.
- Do not douche or attempt to wash inside the vagina.
- The vulva only needs to be washed once daily, use a soap free product such as aqueous cream or emulsifying ointment. Either can be used afterwards as a moisturiser. These products are widely available from larger supermarkets and chemists.

Treatment

There are several treatment options depending on specific diagnosis; however the use of Lidocaine gel (local anaesthetic) is universal as an initial treatment. This is used to desensitise the vulva by numbing action. By numbing the area it allows normal activities to continue. Explanation of how you should use it is given below.

How to use the Lidocaine 5%

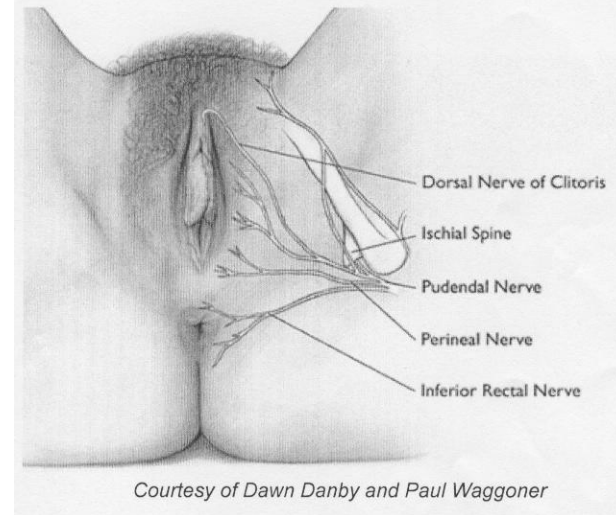
This cream is used to numb the vulva. It can make intercourse less painful and is used to 'retrain' the Vulval nerves.

Do not use more than 2cm of cream. Apply gently to the painful area of the vulva. 10 minutes after application if you feel the vulva you should find that the sensitivity is reduced.

It is important to continue Lidocaine for four to six weeks as it may take this long for the full benefit to be achieved. Continue even if you have a big improvement in symptoms.

If you experience sensitivity to the cream try mixing it half and half with aqueous cream to start with, gradually increase the proportion of Lidocaine as tolerated.

Presentation of Generalized Vulvodynia



What next?

Following use of the Lidocaine gel for 4-6 weeks (as instructed) you should attend clinic for a follow up assessment. Depending on the outcome you may require further treatment or you may require no further follow up.