



Birmingham Women's **NHS**
NHS Foundation Trust

Vulvovaginitis in children

*(Inflammation of the vagina and lips
outside of the vagina)*

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Patient Information Leaflet

What is Vulvo vaginitis?

Vulvo vaginitis is a term for a fairly common condition which affects little girls where the vagina and outside lips of the vagina become inflamed. In this condition there is redness and soreness between the legs with possible itching and there is often a yellow or green vaginal discharge which may stain the pants.

The condition is commonest between the ages of 3 to 10 years when children have more control over their own personal hygiene. It is important to teach and practice good personal hygiene at home, nursery and in school.

How can you help reduce and prevent this condition?

In order to prevent this condition from getting worse the following measures are advised:

- Good toilet hygiene. Always wipe from front to back after using the toilet and continue wiping until the toilet paper is clean.
- Make sure that the child is encouraged to pass urine with the legs spread apart.
- A daily warm bath is advised. Unscented bubble baths or plain unperfumed soaps may be used. The area should be dried carefully by patting with a soft towel.
- It is best to wear cotton pants and to avoid tight clothes such as leggings or jeans.
- Avoid wearing pants in bed

What do I do now?

If the condition worsens or there is blood in the discharge please inform your own GP as further investigations may be indicated. The GP can make an appointment for the Paediatric and Adolescent Gynaecology Clinic.

If the swabs taken today show that there is any infection, we will inform both you and your GP so that a course of antibiotics can be prescribed.

If you have further questions, please contact the secretary of Mrs. Blunt or Mrs. Lathe's at the Birmingham Women's Foundation NHS Trust (0121 472 1377).