



Recurrent Vaginal Infections

What you can do to prevent infections

In order to help maintain the healthy balance of bacteria, yeast, and pH in the vagina, the following are our recommendations to reduce your chances of infection & irritation:

Vaginal Care

Do not douche the vagina or use over the counter feminine products. Avoid scented tampons and soaps. The best thing to clean the vagina is mild bar soap (Dove sensitive skin) and warm water or no soap. Avoid thongs and wear cotton underwear. Try to sleep with no underwear to let the vagina “breathe.” Always wipe front to back. Try to minimize barrier products like liners and pads.

Dietary Suggestions

We encourage you to eat yogurt (with live cultures) daily or try probiotics. You can try an oral probiotic daily (Clairvee, Florastor, or Jarro-Dophilus 10 billion for women) or a vaginal probiotic twice weekly (RepHresh, or Luvena). There is a prescription called FemPH if you continue to have infections after trying over the counter probiotics. You can try over the counter Vitamin D 2,000 IU per day. Avoid simple sugars & artificial sweeteners.

Sex

Use condoms during sex. Semen can throw off the pH of the vagina. Shower before sex (both partners). Use Listerine before oral sex. Avoid anal and then vaginal touching. Have unscented baby wipes at the bedside for “inadvertent” touching to wipe off vagina and penis.

****We hope that these recommendations can help to decrease the amount of vaginal infections you encounter. Please let us know if you have further questions!**