

# TREATING VAGINAL SYMPTOMS

Very often women can have **pain, burning, itching, swelling, lump, sore, irritation or discharge** in the vaginal area. Usually an exam is needed to determine if the symptoms are from:

- an overgrowth of yeast or “bad” (anaerobic) bacteria
- an allergic reaction
- inflammation due to a chemical exposure
- atrophy (thinning of vaginal tissue due to lack of estrogen)
- overenthusiastic sexual relations
- sexually transmitted disease (such as Herpes)
- trauma
- abnormal tissue growth (wart, tumor, etc.)
- or other problems

Regardless of the cause, there are many simple options that can be used to reduce the discomfort of the symptoms.

## TOPICAL TREATMENTS – use as often as needed

- Desitin (or generic Zinc Oxide to cover and protect the sore area from urine)
- Orabase-B (or generic Benzocaine or Lidocaine to locally numb the area))
- Sitz Bath (soak in Epsom Salts and lukewarm water in tub)
- Herbal Salves (Vitamin E cream, Comfrey, Calendula, St. John’s Wort, etc.)

## PRESCRIPTION CREAMS

- Steroids (medium – high potency; 2 – 3 times per day for a short course)
- Estrogens (once nightly for a short course to heal tissue)

## SYSTEMIC TREATMENTS – as often as directed on bottle

- Anti-inflammatory pills (such as Motrin, Aleve, Zylamend, etc.)
- Narcotic Pills (such as Vicoden, Darvocet, etc., but only in **very** severe cases.)
- Restore healthy vaginal environment by eating live-cultures yogurt, or taking acidophilus capsules or other pro-biotics such as Primal Defense or Keifer Milk

I hope this handout helps you with understanding and treating your condition. If you have any questions or problems, please call me at 603-516-0000 or email me at [drterri@bestgyn.com](mailto:drterri@bestgyn.com).

I am always at your service,

~ Dr. Terri Vanderlinde