



Vulvovaginitis in Young Girls

Patient information Leaflet

December 2019

What is Vulvovaginitis?

Vulvovaginitis is a very common disorder affecting girls between the ages of two and ten years. It is inflammation of the vagina and vulva (private parts).

What causes it?

Vulvovaginitis is usually caused by repeated infections with bugs that are a normal part of the body. They often live in the gut, bowel, nose or mouth. These bugs are easily transferred to the vulval area by young girls as they learn to be responsible for their own personal hygiene. These infections can also lead to recurrent lower urinary tract infections (cystitis).

Other factors that make girls who have not yet gone through puberty more prone to infection in this area are:

- A lack of female hormones which make the vagina and vulva thin and less resistant to infection.
- The vagina is not acidic like after puberty so bugs can easily grow and cause infection.
- The vulva is very close to the anus (bottom) so making it easy to spread bugs from the bowel to the vulva.
- The labia (vaginal lips) are flat and undeveloped and do not pose a barrier to infection.

Is there any other treatment?

There is no single treatment, and the condition will disappear when puberty is reached.

There are some helpful tips until that time which may help to improve symptoms:

- Teach your child how to wipe from front to back after using the toilet.
- Make sure her bottom is completely clean after opening her bowels.
- Teach her to pass urine with her legs apart and to “double-void” to ensure there is no residual urine left in the bladder.
- Avoid bubble bath or scented soaps which can irritate sensitive skin.
- Wear cotton knickers and avoid tight-fitting clothing like leggings and tights.
- Avoid wearing underwear at night under pyjamas.
- A barrier cream such as Aqueous Cream/Emulsifying Ointment can be used if the skin is sore. Do not apply any other types of creams unless advised by a health professional.
- Constipation can make the problem worse. Avoid it with a healthy diet, or if it is a problem, get it treated by your GP

Will the condition cause any long-term problems?

The infections associated with vulvovaginitis are *different* from those that adult women get and do not cause any problems with menstruation (periods) or fertility. There is no association with pelvic inflammatory disease or tubal damage.

If you have further questions or worries contact your GP, health visitor or school nurse.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹریپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Document control information

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