

# How to Keep Your Private Parts Clean

Two Methods: For Men For Women

Keeping your private parts clean and well-groomed gives you a fresh feeling that will please both you and your partner. Here are some tips for men and women on how to spruce up.

1 For Men

**Groom yourself.** The 70s are over, and untrimmed pubic bushes are either a sign that you are stuck in the past, or just don't care. Either way, it's not a real plus for your partner, so trim it up. Do this before you shower, so that all the trimmings are washed away.

- If you have hair clippers, set it to a depth that suits you—1/2 to 1 inch (1.3 to 2.5 cm) suits a lot of people. Trim *carefully* all the way around and under for a clean look.
- No clippers? Use a pair of sharp scissors, and snip away evenly to a length that suits you.
- Some people have taken to shaving the hair down there. If you and your partner favor this look, go for it!
  - Soak in a bathtub for a bit to soften the hair up. It'll make it a lot easier to shave.
  - Trim with scissors before lathering up the shaving cream and pointing sharp objects at your privates.
  - Be careful. It's easy enough to nick yourself when shaving your face, and shaving is something you do every day!
  - Note that when you shave, within a couple days it could get really itchy. If you're scheduled to give a big presentation to the board then, you might want to think twice, and save the shave till after the meeting. Alternately, use an unscented moisturizing lotion to minimize the itch.

**2** Soap it up. When you shower, or bathe, don't go light on the soap when you wash your crotch.

- If you're circumcised, taking care of your penis is pretty straightforward. Soap it up, rinse it off.
- If you're uncut, clean under the foreskin. Neglecting this will cause a buildup of a whitish substance with the oddly unpleasant name of *smegma*. It's harmless, but not something you want sticking around.
- Scrub (somewhat gently) from tip to tail, and all the parts in between.

**3 Rinse thoroughly.** Who needs soapy buildup, or a soapy smell? For a lot of people, it can be just as unpleasant to smell perfumed soap as eau de nether.

• Some people enjoy a natural (i.e., clean but not overly fragrant) smell from their partner. When in doubt, it's a good idea to favor neutral over perfumed.

Package the package properly. Wear a fresh pair of underwear daily.

• Keep your clean, unused undergarments in a cool, dry place. Whether you prefer boxers or briefs, make sure you dry them as soon as you wash them. Otherwise, you risk your clothes smelling worse than you (did).

# 2 For Women

1

Trim the hedges. If you're going to just clean things up a bit, now is the time to do it.

If you have hair clippers, set it to a depth that suits you—<sup>1</sup>/<sub>2</sub> to 1 inch (1.3 to 2.5 cm) suits a lot of people. Trim carefully for a clean look.

- No clippers? Use a pair of sharp scissors, and snip away evenly to a length that suits you.
- If you're going under the blade, soak in the bath for a bit to soften the skin and hair up. Things will go a lot more smoothly, and you will have a much more pleasant experience.
- Some people have taken to shaving their pubic hair into a variety of interesting shapes and patterns. If you and your partner favor this look, go for it!
  - Note that when you shave, within a couple days it could get really itchy. Apply moisturizing lotion to minimize discomfort.
- **2** Wash daily. Cleanse and rinse the pubic region thoroughly, taking care to wash the outside of your pubic mound with soap.
  - Don't use soap on your labia or in your vagina-this can lead to irritation and infections

**3 Rinse thoroughly, and dry well.** You want to wash away soapy residue, both to get rid of the perfumed scent, and to inhibit bacterial growth of the unpleasant kind.

4 If you are on your period, change your pad or tampon regularly, or wear a Menstrual Cup. Clean and rinse your pubic area after removal, and before replacement.

# 5 Wear fresh undies.

• Keep your clean, unused undergarments in a cool, dry place, and care for them well—make sure you dry them as soon as you wash them. Otherwise, you risk your clothes smelling worse than you (did).

# **Community Q&A**

#### I a n 11-year-old girl. What is the white discharge I am finding in my panties?

wikiHow Contributor	No need to worry about that. It is your normal vaginal discharge that comes out after it's done cleaning itself (yes it does that) so that's just the waste that comes out. If it makes you uncomfortable, wear a panty liner.								
	Flag as duplicate	Not Helpful	43	Helpful	378				
ls it bette	er to shave down or up when using a razor?								
	Go with the grain, which means follow the natural direction in which your pubic hair g	rows.							
wikiHow Contributor	Flag as duplicate	Not Helpful	3	Helpful	38				
What is t	he white stuff coming out in my privates?								
	Most likely vaginal discharge. That is normal.								
IBuddy	Flag as duplicate	Not Helpful	0	Helpful	13				
Why do l	have a bad smell coming from the vagina just after bathing?								
wikiHow Contributor	You may be over-cleaning it, causing a pH imbalance which makes the smell worse. infection or a yeast infection. Sometimes, you can balance the pH again by cleaning week. If the smell persists, see a doctor.								
	Flag as duplicate	Not Helpful	31	Helpful	201				
ls it OK t	o shave my pubic hair with a razor?								
wikiHow Contributor	Yes. Always be careful with the razor blade; make sure it's sharp and not rusty or dul can lead to infection, plus they won't be as effective on the hair. Sometimes it helps to since the pores in your skin will be more open, but this also means it will be easier to	o shave after a							
	Flag as duplicate	Not Helpful	26	Helpful	166				
	er I shave my public area, the skin gets really rough and stings a little when to noisturize?	ouched. Is thi	s nor	mal? Do	51				
			-						

wikiHow Contributor Make sure to rinse with cold water after shaving to close your pores and moisturize when you get out. One way to stop razor burn is to use an UNSCENTED deodorant on your public mound, but no lower.

	Flag as duplicate	Not Helpful	13	Helpful	88
low can	I clean underwear with discharge on it?				
	Wash them as you would wash your other clothes. If that doesn't work, pre-treat with	n a stain remove	r spra	ıy.	
wikiHow Contributor	Flag as duplicate	Not Helpful	11	Helpful	67
low can	I stop odor of the privates completely?				
wikiHow Contributor	If you are female, you should wash your privates twice each day with water. Try not t soap, use an odorless formula intended for infants or sensitive skin. You can also we change them once or twice a day. If you are male, you should wash your privates twi water, including your scrotum. Wear fresh underwear daily.	ear panty liners,	but b	e sure to	e
	Flag as duplicate	Not Helpful	17	Helpful	76
low do l	know if it's my soap that is causing an infection in my private parts?				
wikiHow Contributor	Never use soap or anything on your genitals. Only wash with water. You will likely ge bacteria that builds on your soap, and because the soap will kill any good bacteria or include: if your discharge smells and is chunky, if there are rashes, swelling, or if it is your genitals by their proper names, they are no different from other body parts and can lead to medical and safety problems.	n your vagina. S s crusty at all. Ar	ligns ( nd lea	of infectio rn to refe	n r to
	Flag as duplicate	Not Helpful	20	Helpful	86
low I can	n remove hair from my private parts?				
	Waxing, shaving, or laser hair removal. Waxing and laser are the most painful but eff	fective; shaving	may	cause a la	arge
wikiHow Contributor	amount of irritation.	NetHelpful	6	l lalafi il	22
	Flag as duplicate	Not Helpful	6	Helpful	33
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- Use baby wipes as they are for sensitive skin, and they will prevent odor.
- You may substitute shaving cream with hair conditioner when shaving to avoid nasty cuts.
- Shower with a friend. It saves water, and makes intimate grooming more pleasant.

- Wear 100% cotton underwear. This lessens irritation.
- Use vaginal wipes as they are for keeping you fresh (great to use whilst on your period).

### Warnings

- Remember to stay in a well ventilated area when cleaning the region, as sweat can cause more bacteria to grow.
- Do not use the same underwear for more than one day.
- Shaving can cause itching and ingrown hairs, so make sure shaving is something you are willing to do.

### **Sources and Citations**

• betterhealth.vic.gov.au

## Things You'll Need

Shampoo

Soap

Body wash

A clean towel

A new, sharp razor

Electric clippers or scissors (optional)

Clean Underwear

New Undergarment Protection (for women only)

Body Lotion