

How to Maintain Feminine Hygiene

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Maintaining feminine hygiene is important to your overall health because in addition to preventing odors, itching, and discomfort, practicing feminine hygiene can also prevent bacterial infections from occurring. In some cases, bacterial infections may lead to sterility, disease, cancer, and other health problems. To maintain your feminine hygiene, you must bathe regularly, develop healthy habits in regards to your menstrual cycle, and wear fabrics that allow your vaginal region to breathe.

Steps

- Wear loose, breathable, bottom clothing. Tight pants, shorts, or panties made from synthetic fabrics can reduce the air circulation around your vagina and cause it to sweat, which can increase your chances for odors and infection.
 - Wear loose panties that allow for air circulation or that are made from a natural, breathable fabric such as cotton.
 - Wear thigh-highs, or pantyhose made with a cotton crotch to reduce the vaginal sweating caused by nylon and other synthetic fabrics.
- **Remove wet, sweaty bottom clothing as soon as possible.** Wet or sweaty panties and pants can cause bacteria to multiply and increase your likelihood for getting odors and infections.
 - Take a shower and wear fresh, clean clothing after you have gone swimming or performed exercise.
- Wash your vaginal area daily with mild soap and water. Mild soap will help prevent your vaginal region from becoming irritated or infected due to exposure from harsh chemicals found in antibacterial or astringent soaps.
 - Rinse your vaginal region with fresh water after washing with soap, then dry off immediately with a clean, towel to prevent moisture build-up.
- Wipe your genital area thoroughly after urination. This will help keep your vaginal area dry and clean throughout the day.
 - Use soft, white, unscented toilet paper that does not contain dyes or other irritating chemicals.
 - Wipe yourself from front to back after experiencing a bowel movement to prevent fecal matter from coming into contact with your vagina, which can cause a bacterial infection.
- **5** Change tampons, sanitary napkins, and pantyliners frequently. When these menstrual products become soiled and are worn for long periods of time, they can cause you to experience foul odors and increase the risk of infection.
 - Use menstrual products that do not contain scents or dyes, as these products contain chemicals that can be harmful to your health.
- **6** Wash your vaginal area after sexual intercourse. Bodily fluids and residue from condoms and other intimate products can cause infection, irritation, and odors if not removed from your vaginal region following intercourse.
- **T Eat a balanced diet high in nutrition.** A diet with plenty of fruits, vegetables, and whole grains such as brown rice will help prevent your body and vagina from experiencing infections or ailments.

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Community Q&A

Is it normal to discharge every day?

I keep getting a constant brown discharge coming from my vagina. What should I do?

That is probably a sign of your period starting. Start using thin pads so you can keep your underwear clean. If you've already been having your period for a while, and this happens frequently, schedule an appointment with your doctor.

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Am I supposed to shave?

That's entirely up to you, and has nothing to do with hygiene. Some people just prefer that look/feel. However, shaving can also lead to ingrown hairs, itchiness and discomfort.

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Are there wipes designed specifically for the private regions?

Yes, they are called "feminine wipes." You can find them alongside other feminine products in most grocery stores, drug stores, and supermarkets.

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What does it mean if my vagina has a fishy odor?

You might have an infection. It might be a good idea to schedule a visit with your doctor or gynecologist as soon as possible. Until then, maintain proper feminine hygiene by following the tips in this article.

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How do I stop my vagina from smelling bad, even after taking a shower?

You can use speciality feminine products, like an unscented body gel, to help with a vaginal smell after you shower.

However, you should consult your doctor as some products may cause infections or negatively disrupt your natural hormone and chemical balance.

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Do I wipe up or down after I pee?

Always down. The last part of the toilet paper touching your skin should be your bottom, if you are wiping that far down.

Last thing you want to do is to bring fecal matter to your vagina.

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Will rinsing my vagina with water after urinating cause any side effects?

No, as long as you dab it dry before you put on your garments, as dampness can cause infection.

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How do I clean front and back?

Wipe from the front of the vagina toward the anus, then use another tissue to wipe from the front of the anus to the back of the anus. This keeps bacteria from spreading.

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What causes bleeding in the bowel area?

It could just be a superficial wound from hemorrhoids or wiping too hard. It could also be sign of a much more serious issue which you should consult with your doctor about.

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Tips

 Sleep without wearing panties or pajama bottoms if possible, as this will provide your vagina with the air circulation needed to maintain proper hygiene.

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Warnings

- Never wear new panties, shorts, pants, or other clothing bottoms before you have washed them with mild soap or detergent. Dyes and other chemicals may be present on new clothing and cause your vaginal area to become irritated or infected.
- Never use feminine products in or around your vaginal area such as douches, deodorants, sprays, and powders without
 consulting with your health care provider first; as these products may cause infections or negatively disrupt your natural
 hormone and chemical balance.

Sources and Citations

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