

Burning or itching

The following are suggestions that may relieve symptoms if you are experiencing problems with burning or itching skin around your genital area.

- Avoid washing with shower gel and any soaps that are perfumed or coloured.
- Soap dries the skin and makes it itchy. Use a soap substitute when washing. These cleanse the skin effectively BUT do not lather like soap. They normally come as either creams or ointments. For example: Emulsifying ointment, hydromol ointment and products for using in the shower, such as Dermol Shower, Oilatum Shower and E45 Shower.
- You could also use these type of products as a moisturiser – apply them to your skin after having a bath or shower. You may find the product is more soothing if it is chilled, so try leaving it in your fridge.
- Using an antihistamine tablet at bedtime can reduce the feeling of needing to scratch. (Many antihistamines can cause drowsiness so you must avoid driving and alcohol if you are affected.) You can buy these from chemists and many other shops.
- Try hard not to scratch the area as this will make the itching worse. Keep your fingernails short, as you are more likely to scratch when you are asleep.

If your problem does not get any better, gets worse or your symptoms change then you should seek medical help.

Turn over ...

How to contact us

If you have any questions or concerns about your treatment, you can contact us on the following numbers:

Oxford **01865 231 231**

Banbury **01295 819 181**

Further information

Our website has further information that you may find helpful: **www.sexualhealthoxfordshire.nhs.uk**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

