

'Wet' sore problems

The following are suggestions that may relieve symptoms if you are experiencing problems with wet, sore skin around your genital area.

- Avoid washing with shower gel and any soaps that are perfumed or coloured. It is better just to use plain water with no soap.
- To help to dry the skin out a little and reduce any soreness you could try bathing the area in salt water. Use 1 teaspoon (no more) of ordinary table or cooking salt in a pint of warm water, or one small mug of salt in a bath.
- Avoid 'over' washing your genital area – do not wash more than once a day, and don't spend too long in the bath.

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

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**

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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

