

Oxfordshire Sexual Health Service

Allergic/Sensitive/Dry Skin

The following are suggestions that may relieve symptoms if you are experiencing problems with allergic, sensitive or dry skin around your genital area.

- Avoid anything which seems to make your symptoms worse.
- 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 (emollient) when washing. These cleanse the skin effectively BUT do not lather like soap. These 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.
- Wear pure cotton underwear.
- If possible avoid washing your hair while you are in the bath or shower, as the shampoo may make your symptoms worse. Try washing it over a basin or leaning over the bath.
- Avoid using salt in your bath or as a genital wash as this can make your skin dry.

Emollients are unlikely to cause any side effects unless you are allergic to one of the ingredients. If your problem does not get any better, gets worse or your symptoms change then you should seek medical help.

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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 **01865 904 500**

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 **PALS@ouh.nhs.uk**

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