



Woman, Child and Family Service - Paediatrics
Tauranga Hospital
Cameron Road Private Bag 12024
Tauranga NEW ZEALAND

Re: Vulvovaginitis

Vulvovaginitis, comprising itch, discharge, redness, and sometimes dysuria, is a very common problem.

The causal factors are:

- Thin vaginal mucosa (the normal prepubescent state)
- Moisture (especially from synthetic fibre underwear, tight clothing, wet swimming costumes, obesity)
- Irritants (soap residue, bubble baths, antiseptics etc)

In mild cases, no investigations are necessary (swabs, if taken, usually grow a mixture of perineal organisms).

The usual management for vulvovaginitis is:

- Explanation / reassurance
- Avoid causal factors (see above)
- Vinegar baths may help (add 1/2 cup white vinegar to a shallow bath and soak)
- Soothing creams (eg soft paraffin, nappy rash creams) may help as a short-term measure.
- If perianal / vulval itch (or soreness) is a major symptom, consider threadworms and treat accordingly
- If discharge is profuse / offensive - take an introital swab (do not take vaginal swabs). Sometimes one organism (eg group A Streptococcus, Haemophilus, Gardnerella) has overgrown in the area and treatment with an appropriate antibiotic will help. Candida infection is unusual in children in the 2 years to puberty age range.
- If discharge is bloody, or offensive and persistent, consider a foreign body and refer for a paediatric surgical opinion
- If there is skin disease elsewhere, consider eczema, psoriasis etc as possible causes.

Parent Information sheets can be found on <https://www.kidshealth.org.nz/sore-bottoms-young-girls>

At this stage we have not made an Outpatient appointment but please contact us again if there are ongoing concerns.

Ngā mihi

Yours sincerely

Electronically checked and approved
Paediatric Grading Team

Reliable information about Children's Health is available at: www.kidshealth.org.nz developed by NZ Health Professionals. Reviewed and endorsed by the NZ Paediatric Society.