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Application of Cream to the Vulva

For the first month, each evening have a salt bath – fill the bath to waist level with warm water and add 1/3 cup cooking salt. Soak in the bath for 10-15 minutes. Dry the vulval area with a soft towel and apply the prescribed cream to the vulva as discussed. The salt bath aids absorption of the cream.

Reapply the cream in the morning.

For the second month, have an evening salt bath as above and after drying, apply the cream. Omit the morning use of the cream.

After two months, cease use of the cream.

If itching/soreness returns, recommence the salt bath and evening application of the cream, ie just use once per day. Continue using the cream until the itching stops, then for one further week, then cease.