

# FEMININE HYGIENE TIPS

## Shifa Community Clinic

419 V. Street Sacramento, CA | (916) 441-6008

### EAT RIGHT



Try and maintain a healthy and balanced diet. A balanced diet will help keep both your body and your vagina healthy. Foods such as yogurt, sweet potato, garlic, avocados, cranberry juice and water are all beneficial.

Source: <https://www.healthywomen.org/your-health/feminine-hygiene-tips>

### STAY CLEAN

It is important to wipe from front to back after going to the restroom in order to prevent bacterial infections in the vagina. Make sure to change sanitary pads, tampons and panty liners regularly when in use.

Source: <https://www.healthywomen.org/your-health/feminine-hygiene-tips>



### WEAR COMFORTABLE CLOTHING

Wear cotton underwear and avoid tight clothing so your lower area is comfortable and able to breath. Be sure to change out of sweaty or wet clothes in order to prevent bacteria from growing.

Source: <https://onlinenursing.duq.edu/master-science-nursing/the-ultimate-guide-to-feminine-hygiene/>



### SHOWER WITH WATER

When washing yourself, avoid scented products, chemicals, and other vaginal products. Simply wash gently with water. Wash front to back in order to prevent infection.

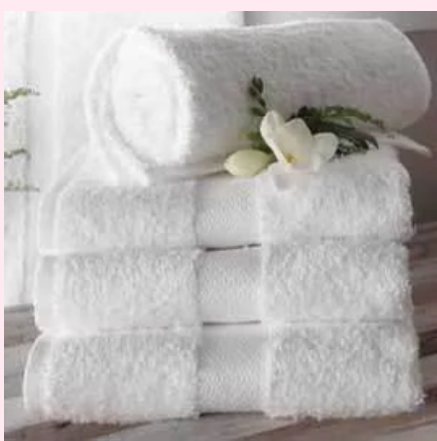
Source: <https://onlinenursing.duq.edu/master-science-nursing/the-ultimate-guide-to-feminine-hygiene/>



### USE FRESH TOWELS

It is Important to use a new fresh towel every time you are drying the vaginal area if possible. By reusing towels you are Increasing the risk of bacterial Infection as bacteria may have grown on the wet towel from the first use.

Source: <https://www.healthywomen.org/your-health/feminine-hygiene-tips>



### DO NOT SHAVE

The hair located in our most sensitive areas is actually there to protect us by limiting the risk factor of bacterial infections. However, keeping it trimmed is useful but avoid the use of handheld manual razors. As they can cut and cause injuries. If using any products to shave make sure they are natural without chemicals and unscented

Source: <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/top-12-vaginal-hygiene-tips-every-woman-should-know/articleshow/71257865.cms>

