

Prevent Vaginal Infection in 6 Simple Ways

[By: Dr. Jasmine Kaur Dahyia – MD\(Gynae\), MBBS](#)

[Clinical Director, NOVA IVI, Jalandhar](#)

[IVF, Infertility, Fertility & Test Tube Baby Specialist](#)

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In 6 Simple Ways



6 handy tips to manage repeated vaginal infections

Vaginal infections occur when the walls of the vagina get inflamed. This can be caused by several factors such as bacteria, viruses, yeast, sexually transmitted diseases (STDs), chemicals and clothing. The standard medical term for it is [vaginitis](#) and it bothers most women at some point in their lives.

Maintaining vaginal and overall genital health is very important in preventing and dealing with [infection](#). that affect the affect the area, especially those which are persistent or recurrent.

Some tips to manage repeated vaginal infections are as follows:

1. Maintaining personal hygiene: The most important aspect of maintaining vaginal health is keeping the pubic region cleansed and hydrated. Poor hygiene and dryness make it more prone to recurring infection.

2. Using the right products: Harsh chemical soaps and sprays may cause irritation to the vagina and make it susceptible to inflammation due to infection.

3. Wearing skin-friendly clothing: Certain types and materials of clothing have a harmful impact on the delicate skin of the genital area which puts the vagina at the risk of contracting infections. These include nylon underwear, tight jeans and trousers, pantyhose with no cotton lining, etc. Wearing soft cotton underwear and linen bottoms are the best ways to prevent [vaginal infection](#) and inflammation.

4. Using protection during sex: Protected sexual intercourse prevents the spread of STDs which cause vaginal infection. Hence, it is always advisable to use a condom while having sex.

5. Urinating after sex: Always urinating after sex reduces the chances of catching a vaginal infection.

6. Getting regular health check-ups: The most efficient way of managing vaginal infections is by getting the vagina checked up by your [gynaecologist](#) as regularly as possible so as to prevent further complications and ensure early detection of infections or diseases.

These are some of the simple and effective ways of handling vaginal infections. Most cases are not very serious and can be easily treated and managed.