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### Caring For Your Daughter's Hygiene-Preventing Painful Urination

Pre-adolescent girls lack the proper hormones that normally lubricate. As responsible parents, we should be careful to avoid over drying their "privates". So please use these tips to make your girls urinations less painful:

1. **Soaping** - Never use soap in the "private" area while bathing. To keep the area clean, you could dab it with bathwater. Even the gentlest soaps dry out the skin, especially in the sensitive areas.
2. **Bathing** - When taking baths, shampoo your child's head and soap the body *at the end of the bath* so the soap doesn't irritate their skin. "Sitz baths" (letting your daughter sit for 10 minutes in warm water) are helpful in decreasing the pain, but minimize the soap in the bath.
3. **Hydration** - Make sure that your child is well hydrated. If she doesn't drink enough fluids, her urine is going to be super concentrated cause more burning and irritation.
4. **Antibiotics** - The use of oral antibiotics may cause irritation – this is because antibiotics kill all the good bacteria in the area, and allow for more fungus to grow. Probiotics - may help restore the normal bacterial flora (composition) in the area and decrease the growth of fungus. Having a yogurt with probiotics daily may help prevent these uncomfortable rashes.
5. **Witch Hazel** – dab a cotton ball with witch hazel and apply to her itchy area when she complains of painful urination or burning. You can purchase Witch Hazel over the counter, no prescription is necessary.
6. **Antifungal creams** - can also be helpful in preventing the itch associated with painful urination. These creams can be purchased over the counter - i.e Lotrimin cream, or prescribed by your physician.
7. **Educate** - teach your girls to wipe from "front to back". This is a simple but very important habit that will prevent discomfort and possible urinary tract infections.
8. **Start with the right habits early** - right when you have a baby, minimize the use of wipes in the sensitive areas. Baby girls often have normal discharge and should not be over-wiped zealously by her parents. I like to encourage the use of warm water from the faucet rather than commercial wipes, right from the first newborn visit.

Lastly, if you tried these tips and your daughter still complains of pain or if she has fever, please call in to make an appointment with your doctor. Some girls may suffer from Urinary Tract Infections that could produce painful urination, lower abdominal pains and fevers.

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