Vulval Vestibulitis

Patient Information

The Prosser White Dermatology Centre
Leigh Infirmary
What is it?
The tissue in the inner aspect of the vulva is called the vestibule. Vestibulitis is a condition, which describes symptoms of pain, often described as soreness or burning.

What happens in the vulval area?
The area becomes sensitive to touch. Friction and symptoms may be aggravated by sexual intercourse, insertion of tampons and menstrual periods. Passing urine can be painful.

Red patches may appear which are tender to touch or pressure.

What causes it?
At present the cause of Vestibulitis is not known. It is not due to an infection and therefore will not affect your partner.

Treatment
There is no one cure and treatment consists of the following measures, which will help with the symptoms that you have:

- A soap substitute – usually in the form of an emollient, your dermatologist can help you choose. Do not use bubble bath or shampoo your hair in the bath. Avoid soap, disinfectants and deodorants in the area.

- A local anaesthetic to numb the area. 5% lignocaine ointment is the one advised and this is available without prescription. This may be used at any time and may be used several times a day. Occasionally allergic reactions can occur with this so discontinue it if symptoms get worse.

- An antihistamine may reduce the irritating chemicals that are released into the skin and may prove helpful e.g. Hydroxyzine 25 to 50 mg at night.

- If the measures fail or if you start to get pain or burning without touching the area a tricyclic antidepressant is used. This is normally used for depression but it also has an effect on neuropathic pain (neuralgia) and it is therefore used for many chronic pain syndromes in medicine. Small doses are used initially and gradually increased until pain relief is achieved. Amitriptyline is the most commonly used, starting at 10 mg at night and increasing by 10mg each week. Each person responds differently and the effective dose can vary between 30 and 150mg at night.

We can be contacted at the:
Prosser White Dermatology Centre
Leigh Infirmary, The Avenue, Leigh, WN7 1HS
Monday to Friday, 9:00am to 5:00pm
Telephone: 01942 264748 or 264125
Please use this space to write notes/reminders.
Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your personal information” leaflet which can be found on the Trust website: www.wwl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.