Vaginal Dryness

Many women have vaginal dryness. Vaginal dryness is when there is not enough moisture from your body to keep the lining of the vagina moist. This can problems such as painful sex or irritation.

Reasons for dryness
Vaginal dryness can happen for many different reasons, including:

- Menopause (stopping your periods)
- Infections
- Breastfeeding
- Pregnancy
- Douching
- Certain medicines
- Birth control pills, shots, or implants
- Removal of your uterus or ovaries
- Chemotherapy
- Radiation therapy

Signs of vaginal dryness

- Burning on urination
- Light bleeding after intercourse
- Painful sexual intercourse
- Slight vaginal discharge
- Vaginal soreness, itching, or burning
- Feeling of pressure

Treatments

Before treating yourself, talk to your health care provider about why you have vaginal dryness and possible treatments. Avoid scented soaps, lotions, perfumes, or douches. A water based lubricant can be used to help keep your vagina moist. Do not use a lubricant with a petroleum base because it can cause vaginal infections. Do not use mineral oil, baby oil, or body lotions. Do not use Vaseline internally. Your doctor may prescribe a lubricant or estrogen depending on the cause.

Do not be embarrassed to talk with your doctor or nurse about your vaginal dryness. They are there to help you.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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