



# Advanced Women's Healthcare

## Vaginal Moisturizers

Did you know that if any of the following apply, you could have vaginal dryness?

- Dry skin
- Dry eyes
- Dry mouth
- On antihistamines (in most allergy meds)
- Pregnant/postpartum
- Breastfeeding
- On Hormonal birth control
- Perimenopausal/menopausal
- Painful sex
- Pelvic pain
- Using A LOT of lubricant during sex or lubricant isn't working
- You have a period

Vaginal moisturizers can help prevent vaginal dryness. Most of us do not know we have dryness until we start using a vaginal moisturizer and can notice the difference. Sometimes we can note dryness around our period because of the change in hormones. Hormone changes in menopause, with use of hormonal birth control or during pregnancy/breastfeeding can also cause dryness. Moisturizers assist in restoring the natural moisture to our tissues. This can help balance pH of the vaginal tissues, keep them healthy, and reduce the risk for infections.

Also, if sexually active, lubricant used during sexual activity can be more effective by allowing the lubricant to stay on the skin surface like it is supposed to instead of being absorbed into our dry tissues (why lubricant usually doesn't work or you feel like you need to use A LOT).

Seasonal changes that affect our other parts of our body can also dry out vaginal tissues including the use of antihistamines found in most allergy meds. Pain can also cause dryness by causing muscles to tighten and suppress our natural lubricating glands.

Hydration is another important factor. Drinking at least 64 oz of water daily can help restore moisture in our body. Keep in mind if medications you take, dry you out, increased fluids are recommended.

**Recommended use:** 1x/week applied at night into the vaginal canal and some to the vulvar area. May use more frequently if needed.

### **Recommended vaginal moisturizers due to good clean ingredient lists:**

#### [Ah Yes Company -Organic](#)

- *Ah Yes VM Vaginal Moisturizing Gel*
  - Purchase in prefilled applicators from the drop down menu- comes with package of 6 or 30 (Don't buy just the tube of moisturizer as it is difficult to put on.)
  - This brand is good for sensitive skin.

#### [Good Clean Love](#)

- *Good Clean Love Restore*
- *Good Clean Love Bionourish*
  - Each comes with a tube and a re-useable applicator
  - This brand does also adjust pH- For this reason, when you start using the gel, it may have a slight burn for the first 30 sec but then it goes away. With repeated use, the gel no longer causes this to happen.