Vulvar Skin Conditions— Erythematous



FAST FACTS

ages 3–10 years

candida vulvovaginitis is uncommon in these children who are out of diapers

diaper dermatitis

is most common in children 2–8 months

RECOMMENDED PERINEAL HYGIENE AS FOLLOWS:

- Avoid using any soap on vulva
- Apply protective barrier cream (e.g., Vaseline or 40% zinc oxide) as needed for comfort
- Use plain warm water bath to help with perineal hygiene; avoid bath bombs and bubble baths
- Voiding with legs spread apart
- Cotton-only underwear
- Avoid underwear at night when sleeping

For clinical questions about these conditions, contact:

Dermatology: 513-636-4215; dermatology@cchmc.org

Gynecology: 513-636-9400; gynecology@cchmc.org

Erythematous vulvar skin conditions can occur in early childhood and may present with itching or irritation of the vulva. Vulvar skin conditions are often first identified by the primary care provider, based on symptoms, clinical exam and occasionally lab assessment (culture). Consult pediatric dermatology and/ or pediatric gynecology specialists if diagnosis is unclear.

ASSESSMENT

Perform a standard health history and physical exam (HPE) with specific questions about symptoms (vulvar redness, itching, burning, pain with urination or with bowel movements), contact irritants (soaps, lotions, laundry detergents, underwear, diapers, or panty liner/sanitary pads), and prior treatments. Assess for personal and family history of recent strep infection and inflammatory bowel disease.

HPE RED FLAGS

- · Pre-pubertal patient
- Vulvar itch
- Vulvar erythema, yellow/green discharge (vulvovaginitis, strep infection)
- · Pain with urination or defecation
- Diaper or pad distribution (contact dermatitis)
- Punched-out ulcer(s) or erosion(s) (e.g., Lipschutz or herpes)
- Edema and perianal tags/fissures/ulcers (vulvar Crohn's)
- Crusted red-brown papules on scalp, neck, axilla, and diaper distribution

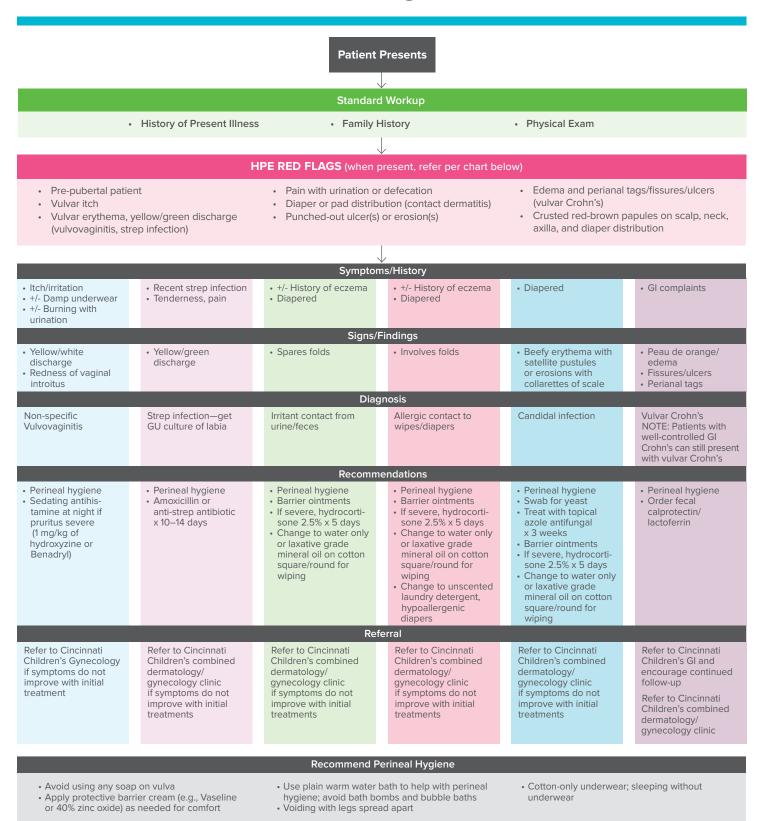
MANAGEMENT/TREATMENT and WHEN TO REFER

Vulvovaginitis	Contact Dermatitis	Candidal Diaper Rash	vulvar Cronn's
Swab external vulvar skin with aerobic culture	Consider irritations and remove exposure Apply protective barrier cream (e.g., Vaseline) as needed for comfort Topical steroid (hydrocortisone 2.5%) as needed Recommend sitz baths	Swab for yeast	Order fecal calprotectin or fecal lactoferrin
Perineal hygiene If strep culture is positive: prescribe amoxicillin or anti-strep antibiotic x 10–14 days	Perineal hygiene Barrier ointments: if severe, hydrocortisone 2.5% x 5 days Water-only wipes Water only or laxative-grade mineral oil on cotton square/round for wiping Unscented laundry detergent and hypoallergenic diapers	Treat with topical azole x 3 weeks Perineal hygiene NOTE: Uncommon in children out of diapers or prepubertal	Perineal hygiene NOTE: Patients with well-controlled GI Crohn's can still present with vulvar Crohn's
Refer to Cincinnati Children's Gynecology if symptoms do not improve with initial treatment	Refer to Cincinnati Children's combined dermatology/gynecology clinic	Refer to Cincinnati Children's combined dermatology/gynecology clinic	Refer to Cincinnati Children's GI and encourage continued follow-up
			Refer to Cincinnati Children's combined dermatology/gynecology clinic

Contact Dermatitis Candidal Dianer Book Vulvar Crohn's

If you would like additional copies of this tool, or would like more information, please contact the Physician Outreach and Engagement team at Cincinnati Children's.

Vulvar Skin Conditions-Erythematous



For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link at 1-888-636-7997.