



2176 East 3rd St Brooklyn NY 11223
P:917-459-8072
F: 718-504-6242

Tips for Pelvic Floor Health

Self care of the vulva

1. Never wash the vulvar area with soap and avoid all scented feminine products.
2. Rinse the area with cold to warm water only when cleaning.
3. Use non-scented detergents and try not to use fabric softener when washing undergarments.
4. Wear cotton underwear that is looser, along with looser fitting skirts.
5. Use a non-alcoholic based preservative free lubricant, such as Slippery Stuff and Uberlube

Urinary and Bowel

6. Do not use the bathroom to urinate "just-in-case." Using the bathroom just in case reinforces a bad habit and creates urinary frequency. The brain will think that the bladder can empty before it is full.
7. Ideal amount of fluid intake is ½ body weight in oz.
8. Create voiding interval to every 3-4 hours. Don't go longer and try to push it off if its shorter
9. Things that irritate the bladder include: acidic products i.e. tomato sauce, coffee, soda, artificial sweeteners, alcohol
10. Prevent constipation by increasing fiber and water intake, ensuring a minimum of 8 glasses of water daily.
11. Use a "Squatty Potty" or regular stool to elevate your feet during a bowel movement. It eases stress on the pelvic floor muscles for an easier time emptying.

Pelvic Pain

12. Ice packs over the vulvar area are helpful to reduce pain and burning.
13. Learn stress management techniques to decrease pressure and pain in the vulvar area.
14. Check your diet to find a possible cause of increased symptoms in relation to something specific, i.e. acidic or high-sugar foods.
15. Urinate after having intercourse and rinse the vulvar area with warm water.
16. Decrease long periods of sitting. If necessary, take standing and walking breaks.
17. Avoid crossing legs for long periods of time. Crossed legs for long periods increases pelvic floor muscle tightness
18. Sitting on low chairs for long periods of time can be damaging to your pelvic floor.
19. Sleeping with pillow between knees and ankles is best position to decrease pressure in the pelvis.