

CENTER FOR

Tideline

HEALTH & AESTHETICS

TREATMENT GUIDE:

CLITORAL PAIN

WHAT IS CLITORAL PAIN?

Clitorodynia, or **clitoral pain**, is a chronic pain condition that can interfere with daily living and especially sexual activity. It can manifest as discomfort, stinging, itching, burning, rawness, and irritation in the clitoris and surrounding area.

Clitoral pain can have a variety of causes, such as:

- Infection
- Trauma
- Injury
- Skin conditions
- Sexually transmitted infections (STIs)
- Nerve damage
- Health conditions

It may cause pain throughout your day-to-day life, or it may only occur when (or after) you experience sexual arousal. In any case, an intimate health provider can help you locate underlying causes and explore treatment options.

CLITORAL PAIN TREATMENT OPTIONS

At **Tideline Center for Health & Aesthetics**, you can find treatment for clitoral pain from our understanding and professional team. We offer a variety of therapies to help you alleviate pain and enjoy sexual activity again.

Medications

Certain medications can help relieve pain and treat any underlying causes. Creams can be especially helpful if you experience itching. Your intimate health provider may prescribe antibiotics or antifungal medications in the case of certain infections, and antidepressants or anticonvulsants may help with nerve pain.

Platelet-Rich Plasma (PRP)

PRP, or platelet-rich plasma, is a treatment option that can enhance tissue health in the area. Sometimes called the O-Shot®, this therapy can enhance blood flow and promote wellness using only a small blood sample.

ThermiVa®

ThermiVa® is a radiofrequency (RF) technology that can tighten and rejuvenate the tissues of the vagina and vulva. If the clitoral hood is causing unwanted sensation, ThermiVa® can help enhance blood and nerve supply. It's often combined with PRP for maximum effect.

Clitoral Unroofing

Clitoral unroofing is a unique procedure that can correct clitoral phimosis, where the clitoral hood does not retract as needed during sexual arousal. During clitoral unroofing, the clitoral hood is gently separated from the clitoris to allow it to glide and retract as needed.

Lifestyle Changes

Clitoral pain can be caused by lifestyle factors such as wearing tight clothing or practicing rough sexual activity. Our intimate health providers can help you understand what factors might be contributing and how to adjust them to prevent discomfort.

LEARN MORE TODAY

Clitoral pain can be uncomfortable and upsetting, but our team is here to help. **Contact** our office today to schedule a private consultation with our providers and learn more about clitoral pain. Fill out our **online form** to get started.