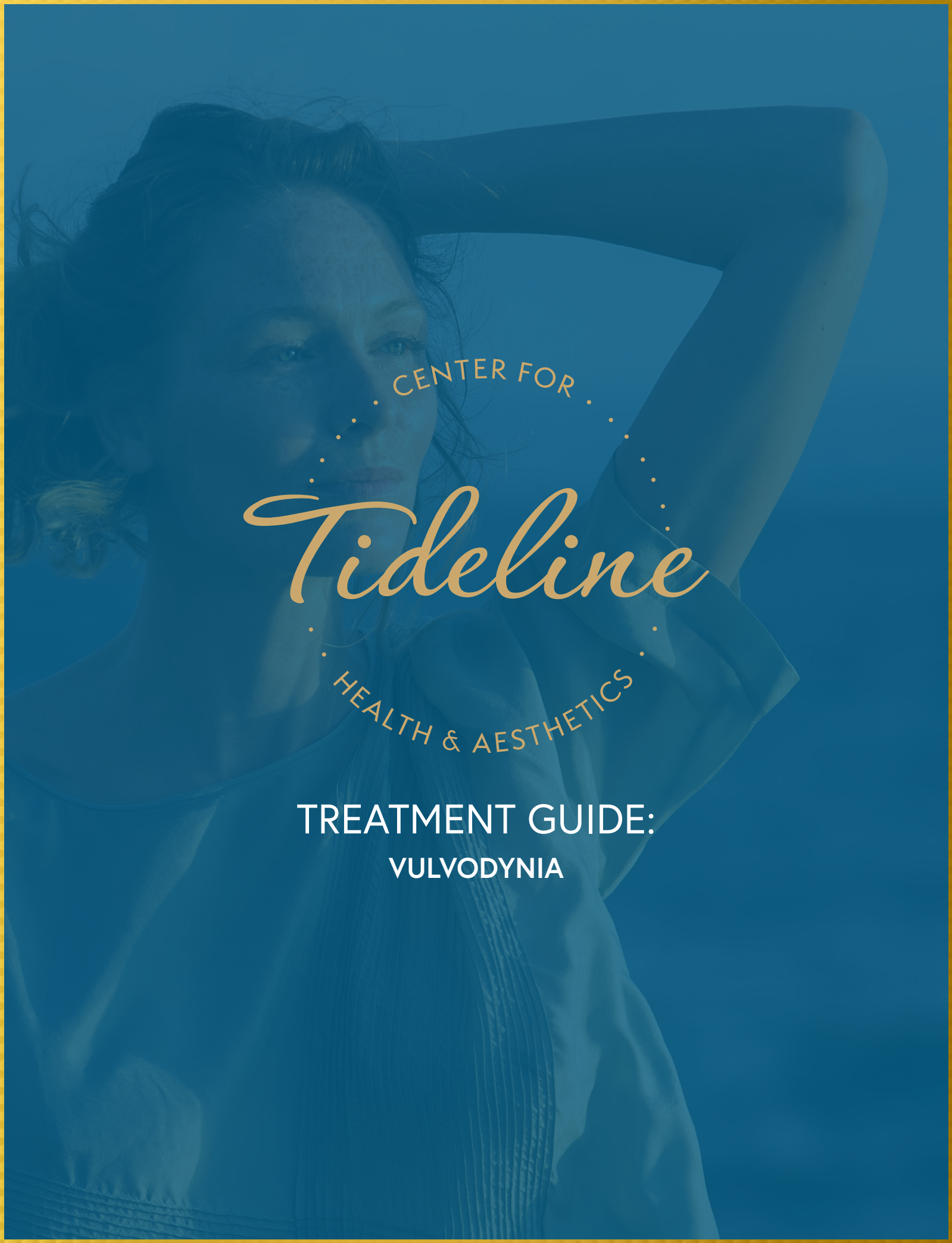


CENTER FOR

Tideline

HEALTH & AESTHETICS

TREATMENT GUIDE:

VULVODYNIA

WHAT IS VULVODYNIA?

Vulvodynia is a condition characterized by persistent pain in your vulva (the visible area between your legs consisting of your labia, clitoris, and vaginal opening). Vulvodynia may feel like itching, stinging, burning, throbbing, soreness, or rawness. Women who experience vulvodynia may have difficulty sitting for long periods of time, and they may even have difficulty enjoying sexual activity. Vulvodynia can last for months or years, causing significant emotional disruption.

Not enough is known about vulvodynia, but it's thought to be caused by nerve injury, musculoskeletal problems, inflammation, hormones, or genetics. There is a notable overlap between women with vulvodynia and women who experience chronic pain conditions like irritable bowel syndrome, temporomandibular joint disorder, fibromyalgia, and more.

VULVODYNIA TREATMENT OPTIONS

At **Tideline Center for Health & Aesthetics**, our intimate health providers will help you explore the most appropriate treatment options based on your comfort level and preferences. Your treatment may involve multiple approaches, depending on the causes.

Medications

For chronic pain, certain medications such as antidepressants, anticonvulsants, and steroids may help alleviate symptoms. If you experience vulvodynia as an itching sensation, antihistamines may be helpful.

Topical Anesthetics

Topical anesthetics such as lidocaine can help alleviate pain before sexual activity or preventive screenings. It's typically applied 30 minutes ahead of time.

Pelvic Floor Therapy

Pelvic floor physical therapy can help women who experience tension in the muscles of the pelvic floor as a cause or effect of vulvodynia. This tightness in the muscles can cause further discomfort. Pelvic floor physical therapy can help you learn how to relax these muscles through various exercises.

Nerve Block Therapy

Local nerve block injections can be helpful for women experiencing chronic pain that doesn't respond to other treatment options. It involves injecting a medication into the nearby nerves to block pain signals, alleviating discomfort.

LEARN MORE TODAY

Vulvodynia is a poorly understood condition that requires the expertise of an intimate health expert. At Tideline Center for Health & Aesthetics, our team will help you with compassion and understanding in your journey toward relief. **Schedule** a consultation by filling out our online contact form.