



Pelvic Floor Hygiene and Good Life Habits

Because infections can also cause pain and chronic problems in the pelvic floor. It is important to remember GOOD PELVIC FLOOR HYGIENE.

1. Always clean with water or wet wipes after voiding both urine or feces.
2. Wipe from front to back to prevent fecal matter from entering the vagina
3. For men, pull up and clean the foreskin after urinating and wash with soap during showers. This prevents infection from building around the foreskin area. Clean creases around and behind the scrotum. This prevents odor and fungal or bacterial growth, which prevents inflammation which can cause irritation and pain.
4. Shower before intercourse; wash with soap or wet wipe immediately after intercourse. This includes the foreskin and anus for men and the vagina, clitoris, and anus for women.
5. Women: do NOT wash inside the vagina with soap or douches because they actually cause dryness and/ or irritations. The vagina has natural secretions which help to cleanse and replenish the vaginal lining. (imagine washing your mouth with soap!)
6. Brush teeth, floss, and rinse with mouth wash to prevent transferring of germs to the vagina or penis during oral activities.
7. Good exercise, eating, and drinking habits will improve heart and muscle health, which improve blood flow and increase oxygenation and nutrition to all areas of the body, including the pelvic floor tissues and muscles.
8. A good balanced diet also allow regular voiding and good fecal content and bulk, which prevents constipation or diarrhea. This prevents excessive pushing down (bearing down) or irritations, which overstretches, or inflames rectum and anal areas.
9. Fluid intake has to be reasonable, not too much or too little to prevent your organs from overworking or dryness. Water for normal consumption or electrolyte water during exercise or activities in the heat are better than soda or sugared water. [link to \(READ MORE\) in "Should I drink a lot of Water?"](#)
10. Don't forget to maintain correct body posture to hold everything in alignment and prevent pressure pressing down on the pelvic floor.

CALL US for consultation or for more information: 813-631-9700