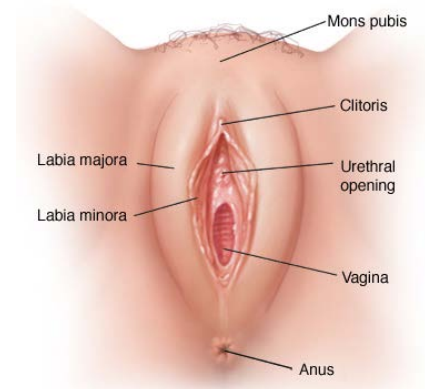


Vulvodynia

Vulvodynia, also known as vestibulitis or vestibulodynia, is chronic pain in the area surrounding the opening of the vagina. This area includes the labia (or “lips”), vestibule, urethra, and clitoris.

Symptoms

The most common symptom is burning, with varying degrees of pain associated with the burning. Aching, soreness, throbbing, and itching are also symptoms. The pain/irritation may be present all the time, or may come and go.



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Main causes of Vulvodynia

No one knows the exact cause. It is most often treated as an abnormal nerve condition. One or more of the following may contribute to it: nerve injury or irritation, repeated infections or treatments of infections, menopause, pelvic floor muscle weakness or spasm, hormonal changes, and genetic susceptibility.

Treatment

Oral Medications like antidepressants, serotonin inhibitors, and nerve treatments.

Topical Medications like hormonal creams, and topical anesthetics (lidocaine)

Vulvar injections with medications such as lidocaine, a steroid, or botulinum toxin

Pelvic Floor Muscle Therapy used to help strengthen the pelvic floor muscles, and reduce spasm.

Surgery known as a vestibulectomy. The nerve fibers to the area are cut out as a last resort treatment.

For more information on Vulvodynia visit:

www.pelvicpain.org

www.nva.org