



Inclusion criteria:

- Female patient with painful, aphthous ulcers
- History or/concern for genital sores or lesions

Exclusion criteria:

- Female patient with STI - related genital ulcers ([STI CPG](#))
- Female with genital ulcers from genital trauma

Alternative Diagnoses:

Consult Social Work if there are concerns for sexual abuse

- Vulvar abscess/cellulitis
- HPV lesions
- HSV lesions
- Ulcers caused by *Mycoplasma*

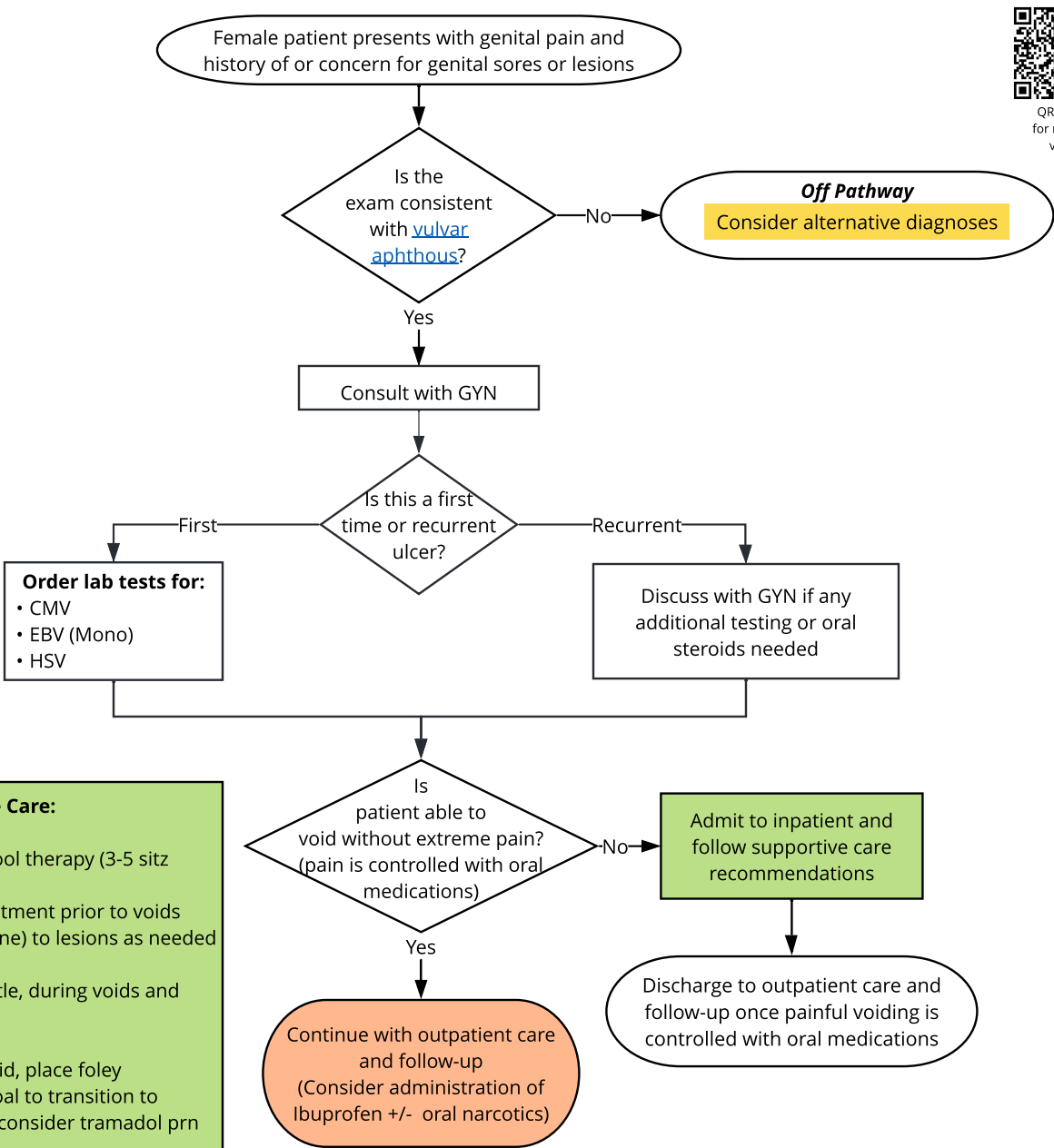
Refer to the [CDC pocket guide](#) for further guidance

Inpatient Supportive Care:

- When possible, admit to 4 West
- Consult physical therapy for whirlpool therapy (3-5 sitz baths/whirlpool daily)
- Pre-treat with 2% lidocaine jelly/ ointment prior to voids
- Emollient (such as Aquaphor, Vaseline) to lesions as needed
- Isolation not needed
- Rinse with water, via a PeriCare bottle, during voids and stooling
- Consider stool softener
- If no foley present and unable to void, place foley
- Administer pain medication, with goal to transition to ibuprofen or acetaminophen. May consider tramadol prn for supplemental pain control.
- Consult the WOC (Wound Ostomy Care) Team for wound management and education

Outpatient Care:

- Sitz baths (swirling of low level of water in bath tub) two or more times a day
- Pre-treat with 2% lidocaine jelly/ ointment prior to voids
- Rinse with water, via a PeriCare bottle, during voids and stooling
- Wear loose non-restrictive clothing until area is healed
- If unable to urinate, attempt urination in bathtub or shower
- Please call Gynecology Clinic to schedule follow up appointment in 1 to 2 weeks



Abbreviations :

- CMV = Cytomegalovirus
- EBV = Epstein Barr Virus (Mononucleosis)
- GYN = Gynecology
- HPV = Human papillomavirus
- HSV = Herpes simplex virus
- prn = as needed