

Gynaecology Department

Local anaesthetic gels

Local anaesthetic gels

These are prescribed by a doctor for the immediate relief of vulval soreness/burning and can also be used prior to sex, when sex is painful. The gel should be applied to the sensitive area in one to two pea-sized amounts and can be repeated every four hours if necessary.

The main advantage of gels is that they work quickly and are simple to use.

For use before sexual intercourse, apply the gel to the sensitive area and wait for 30-45 minutes for it to take effect. It is important to wash any residual gel from the vulva before starting to have sex, to avoid the gel getting onto your partner. Male partners may wish to use a condom.

Some women find it helpful to put the gel onto a cotton ball and place it just inside the entrance of the vagina and leave it in place overnight.

A small number of women may find that they notice irritation shortly after application; if this is **severe** the gel **should be stopped**.

Examples of gels for use with vulval pain

- **Instillagel** (local anaesthetic + antibacterial)
- **Lidocaine 5%** Ointment (local anaesthetic only)
- **Ametop** (local anaesthetic only)

For further information please contact the Gynaecology Clinic: telephone 024 7696 7222.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7222 and we will do our best to meet your needs.

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Document History

Author	Amanda Clarson
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Published	October 2012
Reviewed	February 2019
Review	February 2021
Version	3.1
Reference No	HIC/LFT/1498/12

