

Gynaecology

Local anaesthetic gels

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A doctor prescribes local anaesthetic gels for the immediate relief of vulval soreness/burning. They can also be used before sex when sex is painful. You should apply the gel to the sensitive area in one to two pea-sized amounts every four hours if necessary.

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

For use before sexual intercourse, apply the gel to the sensitive area and wait 30 - 45 minutes for it to take effect. It's 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, 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, stop using the gel.**

Examples of gels for use with vulval pain

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



Patient Information

For more information, please contact the Vulvoscopy team at the Gynaecology Clinic:

024 7696 7222 or 024 7696 6598

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.

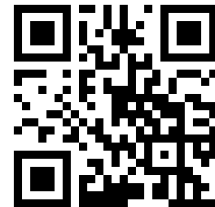
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