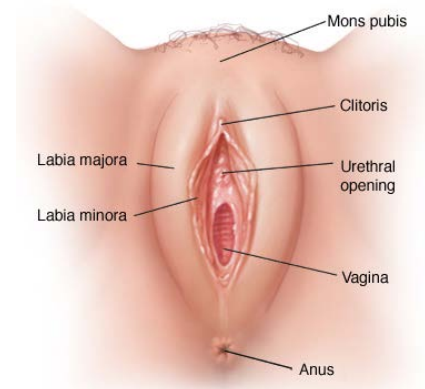


## Vulvodynia

**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](http://www.pelvicpain.org)

[www.nva.org](http://www.nva.org)