

10 Steps to Better Vaginal and Pelvic Health



Women's
WELLNESS

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Introduction

Welcome to your guide to achieving better vaginal and pelvic health. I'm Dr. Jennifer Hill, a specialist in female pelvic medicine and reconstructive surgery, and I'm thrilled to share these steps to help you take charge of your wellness. As one of the only female urologist and urogynecologist in Suffolk County, I'm dedicated to providing compassionate, personalized care. This guide is designed to empower you with the knowledge you need to feel confident and healthy. Let's dive in!

01

Stay Hydrated

Hydration is essential for overall health, but it also plays a crucial role in pelvic and urinary health. Drinking enough water helps maintain bladder function, reduces the risk of infections, and keeps vaginal tissues healthy. Aim for at least 8 glasses of water per day unless otherwise directed by your healthcare provider.

Tip:

Aim for at least 8 glasses of water daily to keep your body well-hydrated.





02

Prioritize a Balanced Diet

A diet rich in whole foods—including fruits, vegetables, lean proteins, and whole grains—can promote vaginal health and reduce inflammation in the pelvic region. Foods rich in probiotics, such as yogurt and fermented products, support a healthy vaginal microbiome.

Tip:

Include foods high in vitamin C, D, and omega-3 fatty acids for added benefits.

03

Strengthen Your Pelvic Floor

Your pelvic floor muscles play a vital role in supporting your bladder, uterus, and bowel. Strengthening these muscles through Kegel exercises can improve urinary control and enhance sexual health. Consult with a specialist to ensure proper technique.

Tip:

To do a Kegel exercise, tighten your pelvic muscles as if you're stopping the flow of urine, hold for 5 seconds, and then release. Repeat 10 times, 2-3 times daily.



04

Avoid Irritants

Harsh soaps, scented products, and certain detergents can disrupt the natural balance of your vaginal flora and irritate sensitive tissues. Opt for gentle, fragrance-free cleansers designed for intimate care.

Tip:

Stick to hypoallergenic, pH-balanced products when necessary.



05

Manage Stress Levels

Chronic stress can lead to pelvic tension and exacerbate conditions such as pelvic pain and urinary incontinence. Incorporate stress-relief techniques such as mindfulness, yoga, or meditation into your daily routine.

Tip:

Take a few deep breaths: Find a quiet spot, close your eyes, and focus on your breath. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Repeat this several times to calm your nervous system.





06

Stay Physically Active

Regular physical activity supports healthy blood flow to the pelvic region and helps maintain a healthy weight. Excess weight can increase pressure on the pelvic floor, contributing to conditions like incontinence.

Tip:

Avoid exercises that overly strain the pelvic floor, especially if you experience pelvic pain or prolapse. Both Pilates and yoga offer exercises that target the pelvic floor.



07 Practice Good Hygiene

Cleanliness is crucial, but it's important not to overdo it. Use mild, unscented soap and warm water to clean the external area (vulva) gently. Avoid douching, as it can disrupt the natural balance of vaginal flora.

Tip:

If vaginal odor is an issue, Boric Acid suppositories restore vaginal pH balance after your menstrual cycle or intercourse!



08

Choose Breathable Underwear

Wear cotton underwear or other breathable fabrics to reduce moisture buildup and prevent infections like yeast or bacterial vaginosis. Avoid tight-fitting clothes that can irritate the area.

Tip:

Change out of damp clothing, such as swimsuits or gym wear, promptly.



09

Use Lubrication When Needed

If you experience vaginal dryness, especially during intercourse, use a water-based or silicone-based lubricant. This reduces friction and prevents discomfort or tearing.

Tip:

Avoid lubricants with added fragrances or harsh chemicals, as they can irritate sensitive tissues.



10

Schedule Regular Checkups

Annual visits to a gynecologist are vital for preventive care. Routine exams can identify potential issues early, ensuring prompt treatment and better outcomes.

Tip:

Stay current with cancer screenings for cervical and breast cancer. Discuss any changes, discomfort, or concerns with your healthcare provider during these visits.

Next Steps

If you're ready to prioritize your vaginal and pelvic health, I'm here to help. At Marotta Plastic Surgery and MedSpa, we provide comprehensive care tailored to your unique needs. Whether you're dealing with urinary incontinence, pelvic pain, or simply want to enhance your overall well-being, our team is dedicated to supporting you!

Schedule your consultation with Dr. Jennifer Hill

Take the first step toward feeling your best. Contact us at (631) 910-7522 or visit marottamd.co/schedule to book your appointment today.

Your health and confidence
are worth it!

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