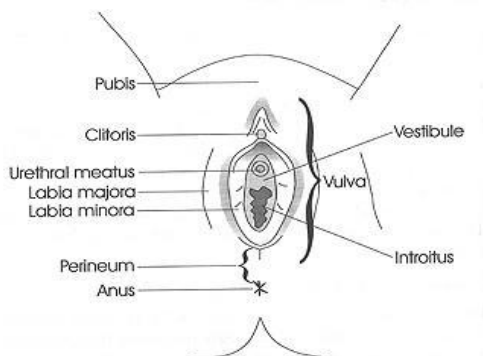




Home Care After Straddle Injury

Straddle Injuries

- Straddle injuries are genital traumas that result from accidental falls on objects. For example, falls on the arms of chairs, playground equipment, bathtubs, and bicycle cross bars can result in straddle injuries.
- Most straddle injuries do not extend inside the vagina, but involve the external parts of the genitalia, the vulva.
- Most commonly, injuries result in cuts on the surface of the skin, bleeding and bruises.
- Some straddle injuries require stitches, while others may be closely monitored and allowed to heal without additional interventions. Injuries may require evaluation with sedation in an emergency room or operating room.
- Most bruising and swelling will resolve without intervention, but surgery may be indicated if there is excessive bleeding or bruising that is expanding in size, or if the cut is too big to heal on its own.



At Home Care Recommendations

- Keep the vulva clean. Take a plain warm bath for at least 5-10 minutes daily. If you do not have access to a bathtub, gently rinse the vulva with water. Pat the vulva dry gently with a towel or allow it to air dry.
- To reduce pain with urination, urinate in the bath or shower, sit facing backwards on the toilet while urinating, pour warm water on the vulva while urinating, and/or apply a barrier ointment to the vulva prior to urinating.
- You may ask your doctor if a prescription for a numbing cream would help with pain control. If so, apply as directed. It may help to apply this cream just before urinating so that the area is numb when urine hits it.
- Apply a cold pack or ice pack wrapped in a cloth to the vulva to help with pain and swelling.
- If recommended by your doctor, take acetaminophen and Ibuprofen to help with pain.
- Avoid straddle activities for the duration of time recommended by your doctor.

When to notify your doctor

- If your pain is severe and unrelieved by prescribed pain medication
- If bleeding is continuous and soaking a pad every hour for two hours
- If you develop fevers or chills, dizziness or lightheadedness, or feel like you are going to faint
- If you are unable to urinate for over 8 hours
- If you have new foul-smelling discharge