

## Hygiene solutions good, safe for pregnant women and postpartum?

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### Why do pregnant and postpartum women need to use feminine hygiene solution?

#### For postpartum women

After the birth, the mother's uterus gradually shrinks. Whether normal or caesarean birth, in the early stages of the mother's body still secrete red fluid, lasting about 3-4 days. It will then turn into a clear color. Improper vaginal hygiene leads to an infection that causes the discharge to smell foul and yellowish. In addition, the phenomenon of vaginal swelling, aches and pains is very uncomfortable, there are even many mothers with haemorrhage, more serious postpartum infections can lead to death.

It is for this reason that hygiene and care of the genital area is particularly important. Cleaning with normal water alone will certainly not bring positive results.

Some types of cleaning solutions made specifically for women after birth will be the lifeline of many mothers.

## **For pregnant women**

During pregnancy, the female body will face a lot of changes, especially hormones. Menstruation is gone, but hormonal changes make the mucus secretion more. If not taken care of carefully, the pregnant women are very susceptible to infections, itching mushrooms. Without timely treatment will lead to many unfortunate incidents.

Therefore, during pregnancy, proper care of the genital area with specialized gynecological cleansing products will help mothers feel more airy and comfortable. Maximize the prevention of gynecological infections, itching, redness during pregnancy.

## **Note when choosing a cleaning solution for pregnant women and postpartum**

### **Choose cleaning solutions for pregnant women and postpartum women**

1. Choosing the right pH product: Pregnant or postpartum women should consider choosing the vaginal hygiene products with the appropriate pH. This will avoid destroying the vaginal environment, causing pH imbalance.
2. Choose products with natural, safe and benign herbal extracts. The ability to wash gently, does not cause irritation and still feels dry, airy.
3. Absolutely do not use products containing parabens. This is a chemical that prevents the growth of bacteria. However, it is harmful to pregnant women.
4. Do not use products with heavy metal components as they will kill the beneficial bacteria in the private area.
5. Choose products with a light fragrance, not strong, concentrated aromas.
6. Select products with clear origins from reputable brands.

### **Note when using**

1. When pregnant or even after birth, women should not overuse the type of vaginal hygiene solutions. With days of bleeding or white blood out much should only be used 2 times / day.
2. Absolutely not douche inwards, especially with women giving birth often.
3. The product only has the effect of helping to cleanse the aroma, not to cure it. If you have gynecological diseases, you need to visit specialized medical facilities for advice on treatment.
4. For mothers who give birth normally, cleaning solution should only be used after the stitches have been drained.

## **Care for safe, private parts for pregnant, postpartum women with Oillan Intima Mama**

Oillan Intima Mama is a cleaning solution for both pregnant and postpartum women. This is the product recommended by many obstetricians and gynecologists.

Oillan Intima Mama gynecological washing water is imported from Poland, licensed by the Ministry of Health to circulate in Vietnam with the registration number of 35873/17 / CBMP-QLD.

With colorless, odorless properties, the main components contain lactic acid, aloe extract, Allantoin, D-panthenol bring a sense of security for women.

Oillan Intima Mama helps balance vaginal pH, protect beneficial bacteria, fight infections and inflammatory conditions, reduce itching inflammation after 3-5 days.

Currently the product is being sold at META.vn for **295,000 VND** / 200ml bottle.



The care of vaginal hygiene is very important for women, especially more important for pregnant and postpartum women. Always pay attention to listen to the body and choose the most appropriate solution offline!

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