

Children's Mercy Kansas City

SHARE @ Children's Mercy

Clinical Pathways

Evidence-Based Practice Collaborative

1-2023

Genital ulcers (painful, aphthous) in females

Children's Mercy Kansas City

These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly, these guidelines should guide care with the understanding that departures from them may be required at times.

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Inclusion criteria:

- Female patient with painful, aphthous ulcers
- History or/concern for genital sores or lesions

Exclusion criteria:

- Female patient with STI - related genital ulcers (STI CPG)
- Female with genital ulcers from genital trauma

Alternative Diagnoses:
 Consult Social Work if there are concerns for sexual abuse

- Vulvar abscess/cellulitis
- HPV lesions
- HSV lesions
- Ulcers caused by *Mycoplasma*

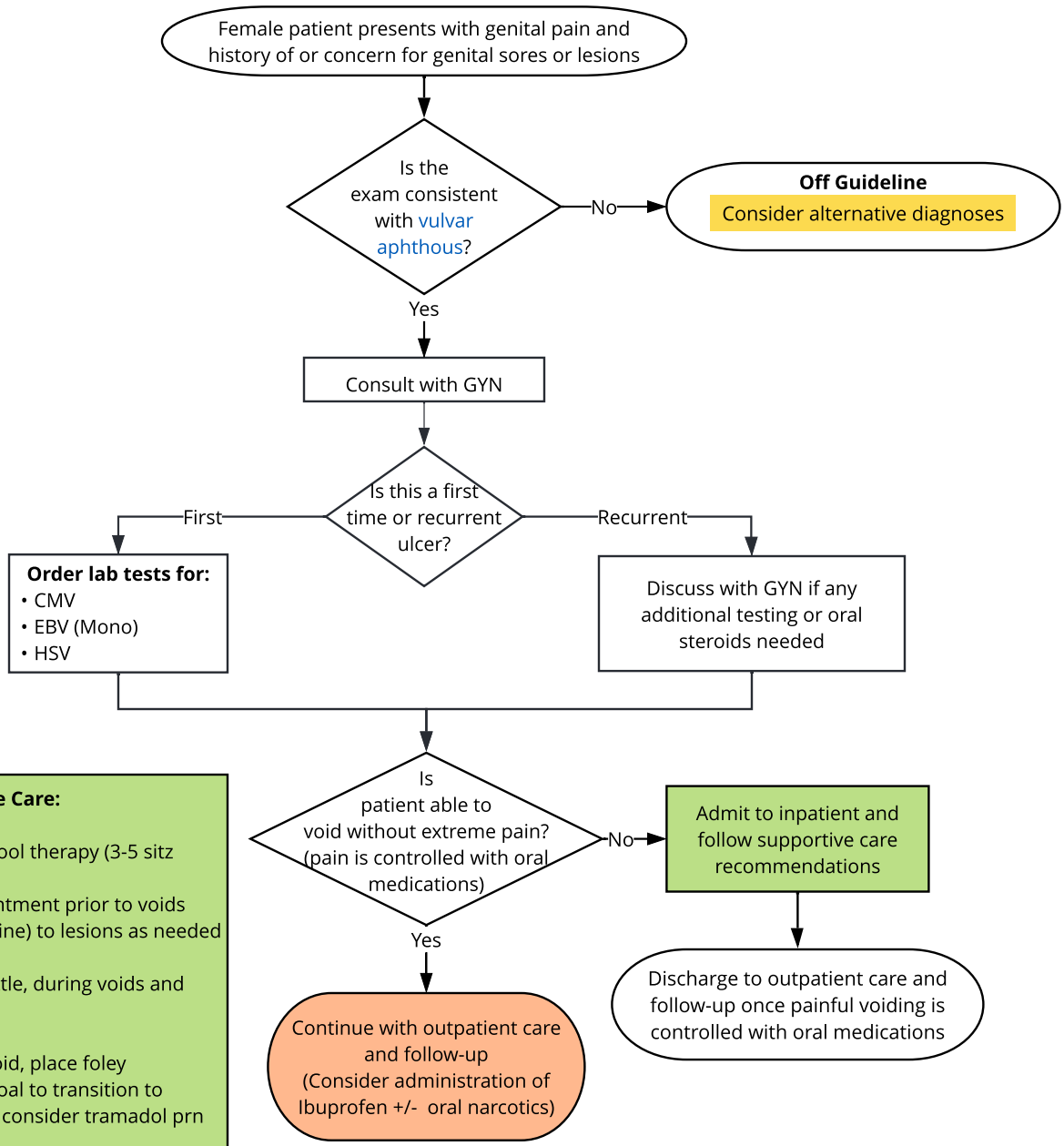
Refer to the [CDC pocket guide](#) for further guidance

Inpatient Supportive Care:

- When possible, admit to 4 West
- Consult physical therapy for whirlpool therapy (3-5 sitz baths/whirlpool daily)
- Pre-treat with 2% lidocaine jelly/ ointment prior to voids
- Emollient (such as Aquaphor, Vaseline) to lesions as needed
- Isolation not needed
- Rinse with water, via a PeriCare bottle, during voids and stooling
- Consider stool softener
- If no foley present and unable to void, place foley
- Administer pain medication, with goal to transition to ibuprofen or acetaminophen. May consider tramadol prn for supplemental pain control.
- Consult the WOC (Wound Ostomy Care) Team for wound management and education

Outpatient Care:

- Sitz baths (swirling of low level of water in bath tub) two or more times a day
- Pre-treat with 2% lidocaine jelly/ ointment prior to voids
- Rinse with water, via a PeriCare bottle, during voids and stooling
- Wear loose non-restrictive clothing until area is healed
- If unable to urinate, attempt urination in bathtub or shower
- Please call Gynecology Clinic (816.234.3199) to schedule follow up appointment in 1 to 2 weeks



Abbreviations (laboratory & radiology excluded):

CMV = Cytomegalovirus
 EBV = Epstein Barr Virus (Mononucleosis)
 GYN = Gynecology
 HPV = Human papillomavirus
 HSV = Herpes simplex virus
 prn = as needed