How to Keep Your Private Parts Clean

Two Methods:  For Men  For Women

Keeping your private parts clean and well-groomed gives you a fresh feeling that will please both you and your partner. Here are some tips for men and women on how to spruce up.

Method 1  For Men

1. Groom yourself. The 70s are over, and untrimmed pubic bushes are either a sign that you are stuck in the past, or just don't care. Either way, it's not a real plus for your partner, so trim it up. Do this before you shower, so that all the trimmings are washed away.
   - If you have hair clippers, set it to a depth that suits you—\( \frac{1}{2} \) to 1 inch (1.3 to 2.5 cm) suits a lot of people. Trim carefully all the way around and under for a clean look.
   - No clippers? Use a pair of sharp scissors, and snip away evenly to a length that suits you.
   - Some people have taken to shaving the hair down there. If you and your partner favor this look, go for it!

2. Soak in a bathtub for a bit to soften the hair up. It'll make it a lot easier to shave.

3. Soap it up. When you shower, or bathe, don't go light on the soap when you wash your crotch.
   - If you're circumcised, taking care of your penis is pretty straightforward. Soap it up, rinse it off.
   - If you're uncut, clean under the foreskin. Neglecting this will cause a buildup of a whitish substance with the oddly unpleasant name of smegma. It's harmless, but not something you want sticking around.

4. Rinse thoroughly. Who needs soapy buildup, or a soapy smell? For a lot of people, it can be just as unpleasant to smell perfumed soap as eau de nether.
   - Some people enjoy a natural (i.e., clean but not overly fragrant) smell from their partner. When in doubt, it's a good idea to favor neutral over perfumed.

Method 2  For Women

1. Trim the hedges. If you're going to just clean things up a bit, now is the time to do it.
   - If you have hair clippers, set it to a depth that suits you—\( \frac{1}{2} \) to 1 inch (1.3 to 2.5 cm) suits a lot of people. Trim carefully for a clean look.
No clippers? Use a pair of sharp scissors, and snip away evenly to a length that suits you.
If you're going under the blade, soak in the bath for a bit to soften the skin and hair up. Things will go a lot more smoothly, and you will have a much more pleasant experience.
Some people have taken to shaving their pubic hair into a variety of interesting shapes and patterns. If you and your partner favor this look, go for it!
  - Note that when you shave, within a couple days it could get really itchy. Apply moisturizing lotion to minimize discomfort.

2 Wash daily. Cleanse and rinse the pubic region thoroughly, taking care to wash the outside of your pubic mound with soap.
  - Don't use soap on your labia or in your vagina—this can lead to irritation and infections

3 Rinse thoroughly, and dry well. You want to wash away soapy residue, both to get rid of the perfumed scent, and to inhibit bacterial growth of the unpleasant kind.

4 If you are on your period, change your pad or tampon regularly, or wear a Menstrual Cup. Clean and rinse your pubic area after removal, and before replacement.

5 Wear fresh undies.
  - Keep your clean, unused undergarments in a cool, dry place, and care for them well—make sure you dry them as soon as you wash them. Otherwise, you risk your clothes smelling worse than you (did).

Community Q&A

I am an 11-year-old girl. What is the white discharge I am finding in my panties?

No need to worry about that. It is your normal vaginal discharge that comes out after it's done cleaning itself (yes it does that) so that's just the waste that comes out. If it makes you uncomfortable, wear a panty liner.

Is it better to shave down or up when using a razor?

Go with the grain, which means follow the natural direction in which your pubic hair grows.

What is the white stuff coming out in my privates?

Most likely vaginal discharge. That is normal.

Why do I have a bad smell coming from the vagina just after bathing?

You may be over-cleaning it, causing a pH imbalance which makes the smell worse. You may also have a bacterial infection or a yeast infection. Sometimes, you can balance the pH again by cleaning your vagina only once a day for a week. If the smell persists, see a doctor.

Is it OK to shave my pubic hair with a razor?

Yes. Always be careful with the razor blade; make sure it's sharp and not rusty or dull, because rust and dull blades can lead to infection, plus they won't be as effective on the hair. Sometimes it helps to shave after a shower or bath, since the pores in your skin will be more open, but this also means it will be easier to cut yourself.

Whenever I shave my public area, the skin gets really rough and stings a little when touched. Is this normal? Do I need to moisturize?

Make sure to rinse with cold water after shaving to close your pores and moisturize when you get out. One way to stop razor burn is to use an UNSCENTED deodorant on your pubic mound, but no lower.
How can I clean underwear with discharge on it?

Wash them as you would wash your other clothes. If that doesn’t work, pre-treat with a stain remover spray.

How can I stop odor of the privates completely?

If you are female, you should wash your privates twice each day with water. Try not to use any soap; if you must use soap, use an odorless formula intended for infants or sensitive skin. You can also wear panty liners, but be sure to change them once or twice a day. If you are male, you should wash your privates twice daily with soap and warm water, including your scrotum. Wear fresh underwear daily.

How do I know if it’s my soap that is causing an infection in my private parts?

Never use soap or anything on your genitals. Only wash with water. You will likely get a yeast infection because of the bacteria that builds on your soap, and because the soap will kill any good bacteria on your vagina. Signs of infection include: if your discharge smells and is chunky, if there are rashes, swelling, or if it is crusty at all. And learn to refer to your genitals by their proper names, they are no different from other body parts and confusion about what you mean can lead to medical and safety problems.

How I can remove hair from my private parts?

Waxing, shaving, or laser hair removal. Waxing and laser are the most painful but effective; shaving may cause a large amount of irritation.

Can you answer these readers’ questions?

On How to Make Bricks from Concrete, a reader asks:

What is meant by "load bearing structure?"

Your answer..

On How to Apply for HUD Housing, a reader asks:

Does HUD have fixer-uppers for sale?

Your answer..

On How to Choose the Size of a Dehumidifier, a reader asks:

What size dehumidifier is needed for 2100 square feet with 8 foot ceiling and about 90% humidity?

Your answer..

Tips

- Use a moisturizer, especially after shaving, to keep your skin soft and smooth.
- Use baby wipes as they are for sensitive skin, and they will prevent odor.
- You may substitute shaving cream with hair conditioner when shaving to avoid nasty cuts.
- Shower with a friend. It saves water, and makes intimate grooming more pleasant.
- Wear 100% cotton underwear. This lessens irritation.
- Use vaginal wipes as they are for keeping you fresh (great to use whilst on your period).

Warnings

- Remember to stay in a well ventilated area when cleaning the region, as sweat can cause more bacteria to grow.
- Do not use the same underwear for more than one day.
- Shaving can cause itching and ingrown hairs, so make sure shaving is something you are willing to do.

Sources and Citations

- betterhealth.vic.gov.au

Things You'll Need

- Shampoo
- Soap
- Body wash
- A clean towel
- A new, sharp razor
- Electric clippers or scissors (optional)
- Clean Underwear
- New Undergarment Protection (for women only)
- Body Lotion