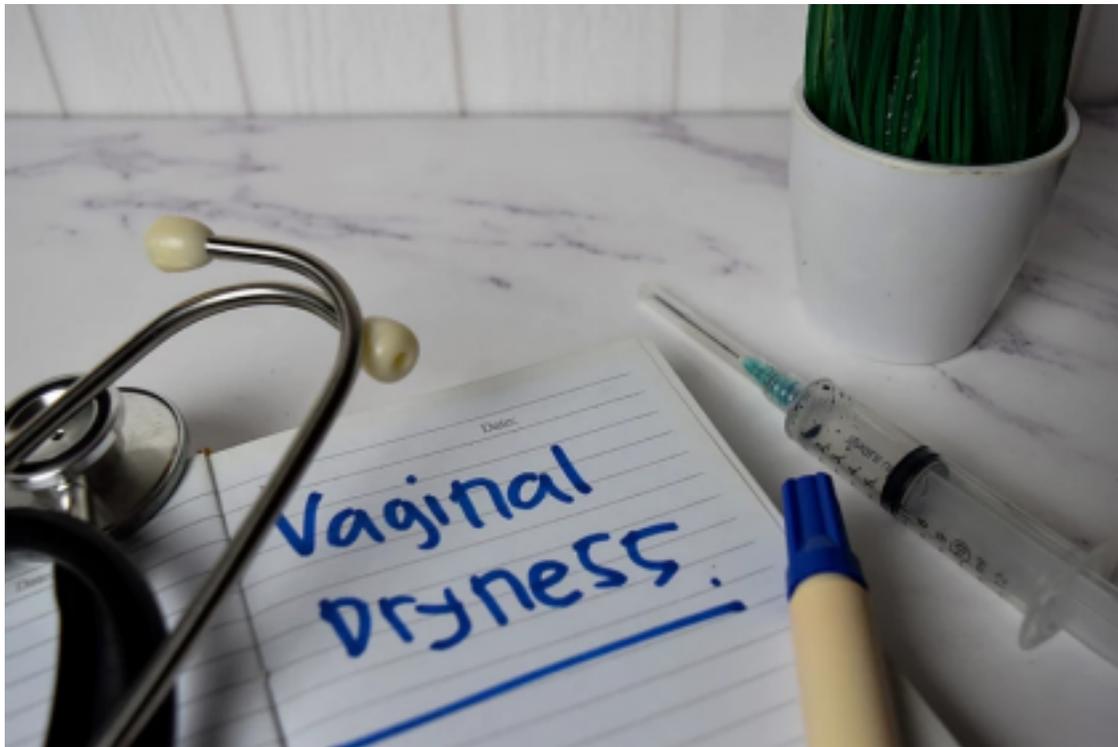


5 Ways to Prevent Vaginal Dryness During Intercourse



One of the most uncomfortable feelings is having vaginal dryness. With lack of lubrication during intercourse, it's common for women to experience pain during this time. Dyspareunia, pain during intercourse, is caused by the skin change without enough lubrication in the area. The friction caused by lack of moisture can create tiny lacerations where the vaginal opening and skin between the anus meet, making the aftermath even more painful. According to [Medium](#), vaginal dryness affects 50-70 percent of women after menopause. If you're being plagued by vaginal dryness, you have solutions to help sex more comfortable and pleasurable. Here are 5 ways to prevent and overcome vaginal dryness:

Water-based Lubricants

Water-based lubricants may be your simple fix to this uncomfortable experience. The purpose of sexual water-based lubricants is to reduce friction and prevent burning and chafing. Water-based is the safest to use and won't break down latex. To prolong the intercourse experience, you may have to keep applying lubricant because it dries out quickly. It's important to note that if you are suffering from chronic dryness, water-based

lubricants may not work, especially for postmenopausal women.

Silicone-based Lubricants

Try silicone-based lubricants to stop vaginal dryness in its tracks. Silicone-based are very different from water-based. The substance lasts longer, thus prolonging the sexual experience. They can be used in the shower or in the bathtub because they aren't water based. Find a lubricant that is glycerin free, paraben-free and free of other unnecessary chemicals to protect your vaginal health.

Vaginal Moisturizers

There are OTC vaginal moisturizers that are made to combat vaginal dryness. Vaginal moisturizers don't treat the underlying cause of dryness, although they can be helpful in providing moisture and alleviating discomfort. It's suggested to avoid glycerin, parabens, propylene glycol and other unnecessary chemicals.

Vaginal Estrogen

Fixing vaginal dryness may go beyond lubricants. Estrogen levels drop as women approach menopause. According to [Medical News Today](#), a decrease in estrogen thins out vaginal tissue and alters natural lubrication. With estrogen, vaginal dryness helps significantly for premenopausal and postmenopausal women. Low dose estrogen can be applied to the vagina increasing blood flow and improving moisture.

Foreplay

Sometimes the answer to chronic vaginal dryness is more foreplay. Foreplay increases blood flow to the vaginal area causing lubrication and vaginal elasticity. Don't allow your partner to skip out on foreplay because more lubrication means less chafing and pain during and after sex. Communicate these needs to your partner and be transparent with your experience with vaginal dryness.

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