



# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Why do I have a burning sensation during and after sex?"

**Q** I enjoy having sex with my boyfriend, but I've started to feel vaginal burning during and after the act. It's become so painful I don't even want to make love with him anymore. What can I do? It might help to know that I'm on the Pill, and we don't use condoms.

**A** Your discomfort could be due to lack of lubrication. Certain medications, including birth-control pills, can cause down-there dryness. So talk to your doc about whether the Pill could be contributing to your condition, make sure that you prolong foreplay until you're well lubricated and use lube to ease the friction during penetration.

Certain personal products, such as feminine spray or douches, could also cause the burning sensation. So, if you use any of these products, stop for a while and see if the discomfort subsides.

It's also possible, though not very likely, that your man's ejaculate is irritating your supersensitive vaginal lining. To test this theory, use a condom (polyurethane if you're allergic to latex and make sure it's not lubricated with the spermicide nonoxynol-9) consistently for a few sack sessions and see if the pain stops.

If none of the above suggestions does the trick, get checked out by your ob-gyn. You could be suffering from vulvodynia (a condition characterized by vaginal burning) or some form of vaginitis (any infection or inflammation of the vagina, which also causes burning).

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