

## Contact

If you have any concerns about your treatment or need to speak to someone for advice please telephone:

### Harbourside Gynaecology Centre at Poole

main reception: **0300 019 2584**

unit secretary: **0300 019 3107**

### Colposcopy Department at Bournemouth

tel: **0300 019 4672**

You can leave a message on the answerphone and your call will be returned as soon as possible.

If you require any medical attention out of office hours please contact your own GP.

## For further information you may like to contact:

### The Lichen Sclerosus Support Group

PO Box 5830, Lyme Regis, Dorset DT7 3ZU

[www.lichensclerosus.org](http://www.lichensclerosus.org)

You can visit an NHS website giving information on cervical screening and colposcopy, i.e. [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)

# Lichen Sclerosus and treatment

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## Vulvoscopy clinic [Patient information](#)

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## What is Lichen Sclerosus?

Lichen Sclerosus is an inflammatory condition of the skin causing gradual thinning and whitening, which can affect women at any age. The skin most commonly affected is around the vulval/anal area. The cause is unknown and it is not contagious so cannot be transferred through sexual intercourse.

## What are the symptoms?

The main symptom is itching. In this long standing condition, shrinkage of the skin can occur causing narrowing of the vaginal opening. As the skin becomes thin it may crack and feel sore. Sometimes you are more susceptible to thrush or bacterial infections which may cause the skin to split a little or even bleed. Some people have no symptoms at all.

## Are there any complications?

Cancer of the vulva is very rare but it maybe a little more likely in Lichen Sclerosus than in normal skin so all lumps and non healing sores should be examined by a Doctor.

## What are the treatments for Lichen Sclerosus?

There are a variety of treatments available, which may relieve the symptoms although no treatment can completely reverse changes in the skin.

## Dermovate

This is a steroid cream which needs to be applied as follows;

Apply one fingertip (pea sized) amount of Dermovate cream at night, as follows:

<b>First month</b>	Apply Dermovate each night.
<b>Second month</b>	Apply Dermovate on alternate nights.
<b>Third month</b>	Apply Dermovate twice a week at night.
<b>After the third month</b>	Apply Dermovate as and when required.

If symptoms return go back to the frequency which was effective.

You may notice considerable relief about two weeks after treatment but it is advisable to continue the treatment for the full term of your course as recommended by your Consultant.

**Note: A 30 gram tube should last for 3 months**

## Soap substitutes

**Aqueous cream and Cetomacrogol ointment (Diprobase).**

These are creams that can be used in place of your usual soap for cleaning the vulval skin .

It is also a soothing cream which can be applied to the vulval skin four or five times a day or more if required.

These are available from your GP and at your local chemist.

**It is important not to use soaps, gels and scented products in the bath or shower as these may contain irritants. Avoid using wet wipes or feminine sprays.**