

Lichen Sclerosus / Lichen Planus / Chronic Lichen Simplex

This advice sheet is to be used with other information which will be given to you at your appointment.

How do I manage the condition?

Managing Lichen Sclerosus / Lichen Planus / Chronic Lichen Simplex involves good self care. This is to help you:

1. reduce relapses to less than three a year if managed well
2. prevent adhesions or scar tissue
3. prevent it turning into cancer - the chance of it turning into cancer is rare.

What is my treatment plan?

Steroid Cream / Ointment

Month 1

Use 1 fingertip of cream / ointment every night for 1 month

Month 2

Use 1 fingertip of cream / ointment every other night for 1 month

Month 3

Use 1 fingertip of cream / ointment twice a week for 1 month

If relapse occurs, go back to month 1 and start again.

Aqueous Cream

Use this cream as a wash - can be very slippery - be careful, especially when using in the bath or shower.

Hydromol Cream

Use this cream as a barrier - Use every day, at least twice a day. Apply when you are dry. This keeps the skin softer and can help separate the labia (lips). There is no limit to how often this cream can be used.

If you need repeat prescriptions or any more medication, please contact your GP.

If you have any concerns or queries you can contact Gynaecology at Greenoaks on **01709 427641** between 9.00am to 5.00pm, Monday to Thursday and 9.00am to 1.00pm on Fridays.

patient information

