

Women Discharged from the Vulval Clinic with Lichen Sclerosus and Lichen Planus

When appropriate, we try to discharge women with well controlled lichen sclerosus or lichen planus back to their GP. As you have had no symptoms or are well controlled on the treatment recommended, we will no longer need to see you routinely in this clinic.

This leaflet is intended to provide you with information regarding your condition, and what to look out for that could indicate the need for us to see you again.

Check ups

If you feel comfortable regular self-checking can be helpful. This will be discussed with you in the clinic. Some women find it difficult to look at the vulval skin even with a mirror, but are aware when applying creams if the skin feels different.

We also recommend an annual check-up with your GP, to ensure you have no new problems, that you have the correct prescription of creams and that they are still effective.

Symptoms to report

You should inform your GP if you notice any of the following:

- Change in colour of the skin, either becoming redder, more pigmented (brownier) or white areas appearing.
- Itching/soreness that is not helped by the treatment you regularly use.

- Any bleeding or broken/ulcerated areas that do not heal.
- Anything else that you are worried about.

If you have concerns about your skin in any way, see your GP for a review and they can send you back to our service.

General skincare

You will also have been provided with information about general skincare measures. It is important to remember these, as small things like a change in washing powder can lead to increased irritation and soreness. You should use a soap substitute as part of your skin regime long term and use a barrier such as Vaseline when the skin is irritated.

Further information

Many women find accessing information and support online useful.

Worldwide lichen sclerosus

www.lichensclerosus.org

UK Lichen Planus

www.uklp.org.uk

British Society for vulval disease

www.bssvd.org

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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