

Community Gynaecology Clinic Wordsley Green Surgery

LICHEN SCLEROSUS

You have been diagnosed as suffering from a condition called Lichen Sclerosus, which is similar to eczema, affecting the vaginal area. Treatment for this is usually in the form of 3 types of cream, DERMOVATE, BETNOVATE and HYDROCORTISONE, decreasing in strength as the treatment progresses, DERMOVATE being the strongest.

You should use DERMOVATE forweeks.

You should then use BETNOVATE forweeks.

You can then use HYDROCORTISONE as and when required.

If your symptoms recur, restart treatment with HYDROCORTISONE for 1 week.

If there is no improvement after 1 week, then use BETNOVATE for 1 week.

If symptoms are still persisting, then use DERMOVATE for 1 week.

After this period of time, decrease the strength of the cream week by week as previously.

It is recommended that you wear cotton underwear, preferably white and/or pale colours, and avoid wearing tight fitting trousers/jeans, tights. Do not wash the area too often and use non-scented soap, or preferably use water alone. Try to keep the area as open and aerated as possible, e.g. leave underwear during the night.