Discharge Advice from the Vulval Clinic
Information for patients

Your lichen sclerosus / lichen planus in the genital area is now well controlled / inactive.

You should continue to use a soap substitute and avoid all soap/shower gel/bubble baths long-term. A 30gram tube of steroid ointment should last you approximately 6 months and further tubes can be obtained from your GP.

You will need to have at least an annual examination at your GP surgery as rarely a skin cancer can develop in areas of long-standing chronic inflammation / scarring. If you develop any changes that you are unsure about in this area, do not wait for your annual check-up and arrange to see your GP urgently.

The best way of monitoring for important changes is for you to report any abnormalities yourself to your GP. If you develop any persistent lumps, ulcers or fissures (areas of broken skin) that do not heal after 2 weeks of strong steroid ointment eg Dermovate, please consult your GP without delay. If your GP thinks it is necessary, they will refer you back to the vulval clinic.
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

请询问您是否需要在其他语言，大字体或音频格式的信息。请联系：01895 279973