



## Information Sheet for Patients with Lichen Sclerosus

### What is Lichen Sclerosus?

Lichen Sclerosus is a chronic inflammatory skin condition that primarily affects the genital area. It can cause itching, pain, and skin changes. Although the exact cause is unknown, the immune system plays a significant role.

### Treatment Recommendations:

The first-line treatment consists of applying a potent corticosteroid, such as Clobetasol:

- Initial Phase: Apply daily for 2 weeks.
- Subsequent Phase: Apply every 2 days for an additional 2 weeks.
- Maintenance Phase: Apply 1 to 2 times per week long-term.

Other treatment options include alternative corticosteroids or calcineurin inhibitors such as Elidel (pimecrolimus) or Protopic (tacrolimus), which can be considered based on individual needs.

It is also recommended to use a moisturizing cream daily, such as Bepanthen or Dexeryl, to protect and hydrate the skin.

### Important Information About Corticosteroid Treatment:

Corticosteroids are applied locally and act primarily on the affected skin area. When used correctly, they are safe and can help control inflammation, thereby reducing the risk of serious complications such as vulvar carcinoma. This risk is comparable to that of individuals without the disease when the condition is managed properly.

### Common Diagnostic Errors:

Unfortunately, Lichen Sclerosus is often mistaken for a fungal infection, leading to misdiagnosis and inappropriate treatment for years. It is crucial that medical personnel consider this diagnosis when symptoms do not respond to standard treatments.

### Regular Follow-Up:

Since Lichen Sclerosus is a chronic condition, regular medical follow-up is essential to monitor its progression and adjust treatment as needed.

If you have any questions about your treatment or need support, please do not hesitate to contact us.

Kind regards,

Dr. Sandra Yene Amougui