

Discharge Advice from the Vulval Clinic Information for Patients with Eczema / Lichen Simplex

You have been diagnosed with vulval eczema / lichen simplex, given a treatment plan in the vulval clinic and discharged back to the care of your GP. We do not follow you up in the vulval clinic as these are common conditions and GPs are very used to treating them.

You should read all the information leaflets that you have been given so you can use the treatments to their best advantage. **If you run out of any treatment you should contact your GP surgery to get some more.** Your GP will have a letter from us with your diagnosis and treatment plan so they should keep your treatments on a repeat prescription basis.

Once your skin is under control you should continue to use a soap substitute long term and **avoid all soap / shower gels / bubble baths** long term.

You should also continue to apply your moisturiser at least twice a day.

Whilst you have few symptoms a 30gram tube of steroid ointment should last you approximately 6 months and further tubes can be obtained from your GP.

If your itch / symptoms worsen you should increase your steroid according to their severity and if you need to recommence a full treatment regime again it is:

1 application every night for one month

1 application every other night for one month

1 application twice a week for one month (this will use a full 30g tube)

1 application once weekly for one month.....then stop OR

If your symptoms are still present, consider a once or twice weekly maintenance dose as per your steroid instruction sheet.

If your treatment doesn't work, you are allergic to one of the creams or your symptoms flare up due to a thrush infection, please **contact your GP** in the first instance as they can deal with all of this. They will decide if they need to refer you back to the vulval clinic or not and contact us accordingly.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

Liverpool Women's NHS Foundation Trust
Crown Street
Liverpool
L8 7SS

Tel: 0151 708 9988
Issue Date: 23/11/2022
Reference: Gyn_2022-359-v1
Review Date: 23/11/2025
© Liverpool Women's NHS Foundation Trust