VULVAR DERMATOSES
Itching Burning Vulva
Vaginitis
Dermatoses
Vulvodynia
Vaginal Disease

- Infectious vaginitis
- Atrophic vaginitis
- Cervicitis
- Vulvar intraepithelial dysplasias
- Etc!
Vulvar Dermatoses

- There are over 2000 different skin diseases and many of them can involve vulvar skin.
“Do you itch or hurt?”

- Vulvar dermatoses usually ITCH
- If erosions are present, patients have PAIN
The “Three Lichens”

- Lichen Planus
- Lichen Sclerosus
- Lichen Simplex Chronicus
LICHERN PLANUS

- Some cases are drug induced
  - especially gold, thiazide diuretics and penicillamine
- Most cases are idiopathic
The Five “P’s”

- Pruritic
- Polygonal
- Purple
- Papules
- And Plaques
Treatment of Lichen Planus

- Biopsy if necessary to make the diagnosis
- Be sure to biopsy involved mucosa rather than erosions which could miss the pathology
- Do biopsy for immunofluorescence studies to rule out bullous diseases if rash is erosive
Treatment of Lichen Planus

- SITZ Baths
  - Cleansing
  - Soothing
  - Healing
  - Antipruritic
Potent Topical Steroid Ointment
If erosions are present:
For itching:
Erosive Vaginal Lichen Planus

- Some consider the same as “desquamative inflammatory vaginitis” (DIV)
- May require a burst of systemic steroids
- Intravaginal or oral Clindamycin
- Intravaginal hydrocortisone (proctofoam)
- Oral fluconazole 150 mg per week to prevent secondary yeast infections
Treatment of LP

- ?Protopic (tacrolimus) for erosive VAGINAL LP controversial because intravaginal Rx can cause significant blood levels

- Use of dilators may help avoid shrinking of vaginal opening
Lichen Sclerosus

- Most common in prepubertal girls and postmenopausal women
- Pruritic, white, wrinkled skin on vulva and perianal skin
- Early lesions may only show subtle erythema
- May be bullous, hemorrhagic or eroded
How do you make the diagnosis?

- Clinical observation

- Biopsy if necessary to confirm because the Rx for this condition is unique
Treatment of Lichen Sclerosus

• Sitz baths 2-3 times a day
• Apply petroleum jelly
• Apply mupirocin ointment to any fissures
Lichen Sclerosus Rx

- Testosterone is out
- Clobetasol propionate ointment (not cream) is in
  - Nightly application for 3-6 weeks
  - Gradually taper to once a week depending on response
  - Long term Rx?
Lichen Sclerosus Rx

- Dilators
- Surgery
- Follow
Lichen Simplex Chronicus
LSC-Look for the underlying cause

- Atopic dermatitis
- Seborrheic dermatitis
- Contact dermatitis
- Pubic lice
- Scabies
- ETCETERA!
Loprox® CREAM 1% 30
(ciclopirox olamine)*
For topical use only.
Caution: Federal law prohibits dispensing without prescription.
Store at controlled room temperature (59°-86°F).

Monistat-Derm® CREAM
(miconazole nitrate 2%)
Contains miconazole nitrate 2%, pegoxol 7-stearate, pegolc 5 oleate, mineral oil, benzoic acid, butylated hydroxyanisole, and purified water.

Lotrimin® Solution, USP 1%
Brand of clotrimazole
For dermatologic use only
Not for ophthalmic use
Caution: Federal law prohibits dispensing without prescription.

Mycelex® 1%
(clotrimazole) cream
For dermatologic use only
Caution: Federal law prohibits dispensing without prescription.
Psoriasis
Seb Derm
Gluteal Cleft fissure
Posterior Fourchette Fissure Treatment

- Sitz baths with bath oil
- Topical mupiricin twice a day until healed
- Oral or topical anticandidal therapy
- Avoid trauma and contactants
- ?Surgery
Candida
GREER’S GOO

- 1% Hydrocortisone (powder)
- Nystatin Powder 1,000,000 Units
- Zinc Oxide Ointment qs ad 1 oz.
DON’T USE LOTRISONE

- Potent topical steroid may cause atrophy and permit fungus to thrive
Majocchi’s Granuloma
Candida Rx

- If infection is recurrent or recalcitrant
- Diflucan 150-200mg q week for 2 weeks
  - Treat w/ Diflucan for 6 weeks
  - Add Boric Acid vaginal suppositories, 600mg two nights a week
Boric Acid
Erythrasma Treatment

- Oral Erythromycin 500mg bid x 2 weeks
- Topical Cleocin T Lotion bid x 2 weeks
Work up and Rx

- Hx and Px to look for clues
- KOH if scales or pustules
- KOH vaginal wall and send for yeast culture
- Stop all contactants
- Sitz baths followed by vaseline
- Bactroban or oral antibiotics for erosions
- Albolene for intercourse
- RTC in 6 weeks
Vulvar Intraepithelial Neoplasia
Radiation Dermatitis
Contact Dermatitis
Zoon’s Vulvitis
Paget’s Disease