

Vulvar Lichen Simplex Chronicus (LSC)

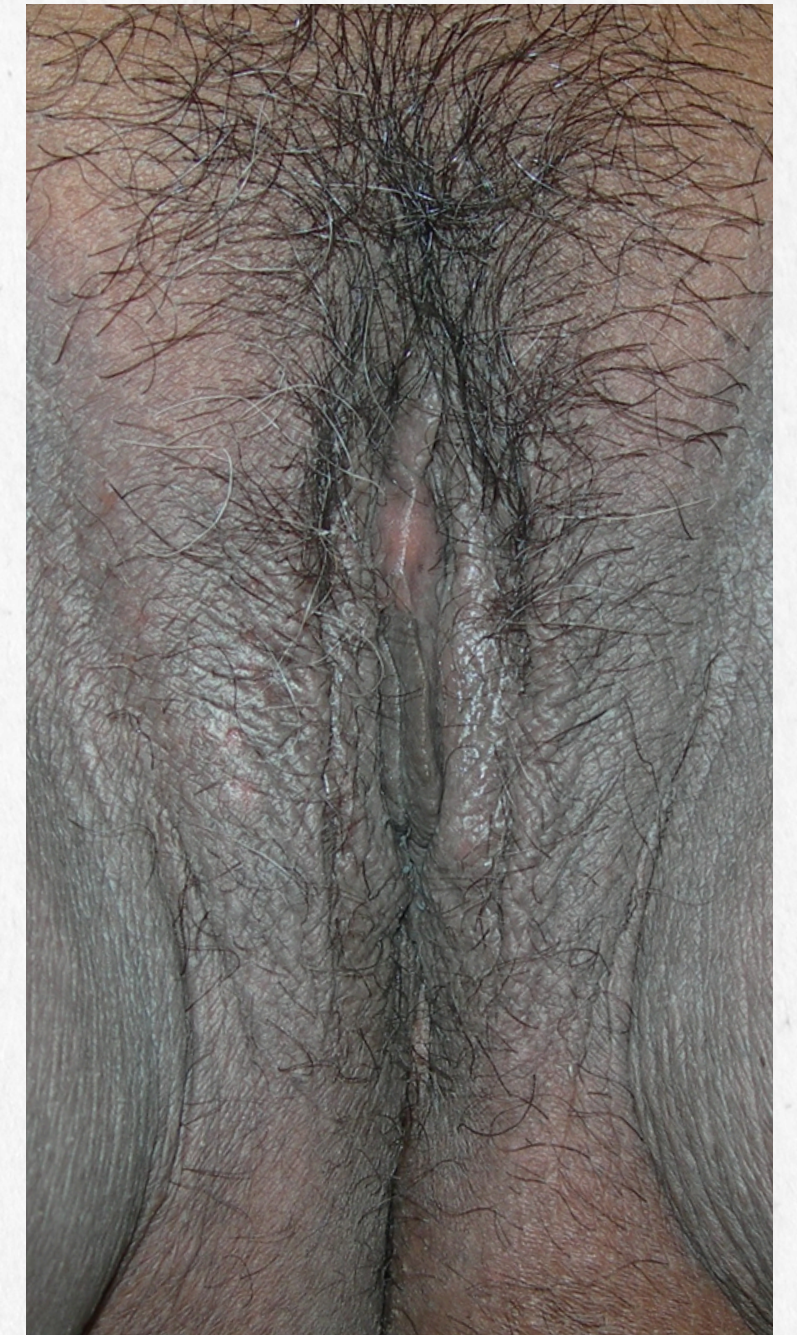
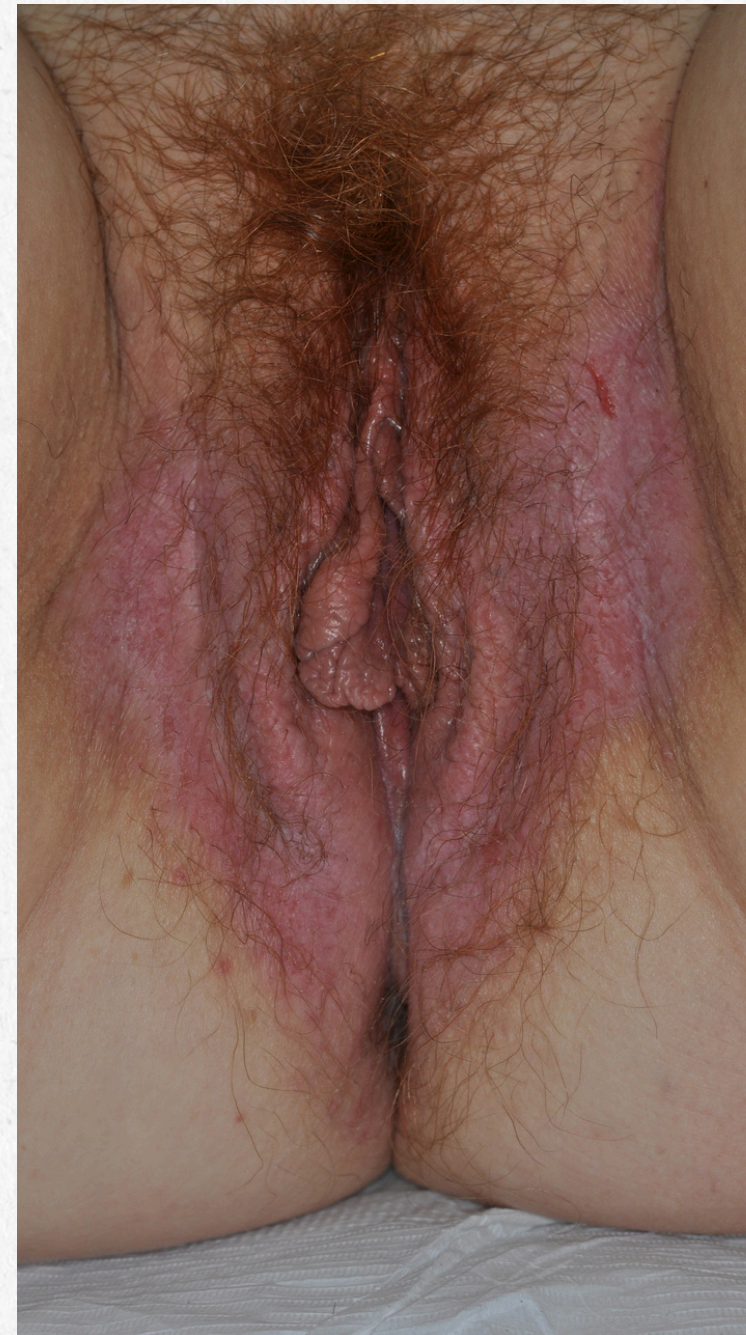
What is LSC?

LSC is the” itch scratch itch disease” due to chronic rubbing or scratching causing the skin to thicken with discolored patches and plaques.

It is triggered by many factors such as a background of atopy with eczema, psoriasis, contact dermatitis, and a variety of other conditions.

How is it diagnosed?

- **A clinical history of intense itching, pleasure from scratching and often waking up at night rubbing or scratching.**
- **A physical examination showing firm thick lichenified skin with possible scratches and crusting.**
- **Response to proper therapy.**



Five Principles of Treatment for LSC

1. Remove the irritants
2. Optimize the skin barrier
3. Treat infection
4. Reduce inflammation
5. Stop the scratching at night

1 Stop heat, sweat, and excessive cleaning. Wash with hands only and gentle cleanser. Avoid pantyliners, cleansing wipes, and OTC anti-itch preparation with benzocaine.

2 Soak in a lukewarm tub or sitz bath or use compresses. Pat dry and coat the area with an ointment emollient like petroleum.

3 Use an antibiotic to cover staph/strep (ie. cephalosporin) for 5-7 days and add fluconazole 150 mg repeated after 3 days if there is a suspicion for candidiasis.

4 Use clobetasol 0.05% ointment daily until skin improves and then taper use or switch to triamcinolone 0.1% ointment or hydrocortisone 0.05% ointment 2-3 days a week.

5 Use 10 mg hydroxyzine or low dose duloxetine or amitriptyline 2-3 hours before bedtime. Increase dose as needed.