

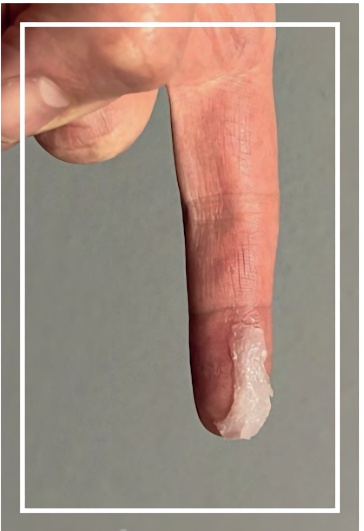


FIGURE 1. One fingertip length, or 0.5g of steroid ointment. This is far more than required to cover vulvar skin.

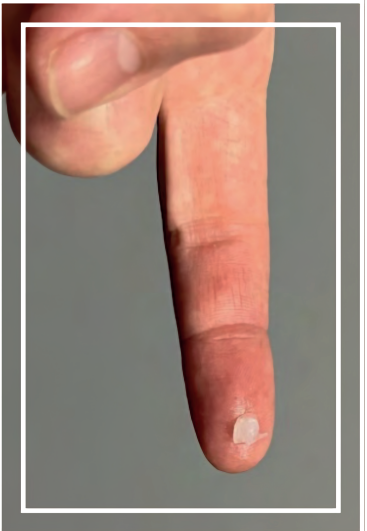


FIGURE 2. A quarter of a fingertip unit, or a lentil-sized amount, covers hairless skin and non-keratinized squamous epithelium of the periclitoral structures, labia minora, and vestibule.

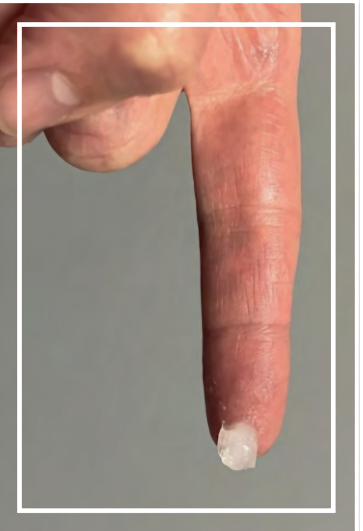


FIGURE 3. A third of a fingertip unit, or a pea-sized amount, covers hair bearing skin of labia majora, perineum, and perianus.



Applying Steroid Ointment

One fingertip length is approximately 0.5g (see Fig 1). A lentil-sized amount, about a quarter fingertip unit, is required to cover hairless skin and non-keratinized squamous epithelium of the vestibule (see Fig 2).

It is acceptable to simultaneously apply vaginal and vestibular estrogen cream.

An additional pea-sized amount, approximately $\frac{1}{3}$ fingertip unit, is needed to cover hair bearing skin of the labia majora and perianus (Fig 3).

**Day, Mauskar, Selk: Lichen Sclerosis:
ISSVD Practical Guide to Diagnosis
and Management – 2024**