Ulcer Algorithm

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Vulvar Ulcers: An Algorithm to Assist With Diagnosis and Treatment

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Ulcer

Acute or Acutely Recurrent

- No Systemic Symptoms
  - **Rule out**
    - HSV (PCR HSV 1, 2)
    - At times serology is needed for HSV 1, 2
    - Syphilis
    - Rare in North Amerca Chancroid
    - Granuloma inguinale
    - Lymphogranuloma venereum
  - **Rare**
    - Rare drug reaction
    - Autoimmune progesterone dermatitis
  - **Other**
    - Trauma and/or Contact dermatitis-diagnose on history and physical
      - **Ask about:**
        - A. Neuropathy
        - B. Positional/Orthopedic restrictions (Pressure ulcers)
        - C. Caustic material contact
          - i. TCA
          - ii. Imiquimod
          - iii. Podofilox
          - iv. 5 -fluorouracil
          - v. Benzocaine
          - vi. Facticial
- **Test if positive**
  - (See CDC STD Treatment Guidelines)
- Systemic Symptoms
  - **Flu-like symptoms**
    - A. Fever
    - B. Malaise
    - C. Sore throat
    - D. Myalgia
  - Simple Aphthous Ulcer
  - **Consider additional testing:**
    - A. EBV
    - B. CMV
    - C. Mycoplasma
    - D. Rare infections
      - a. HIV
      - b. Group A streptococcus
      - c. Influenza A
      - d. Parvovirus
      - e. Paramyxovirus
      - f. Salmonella
      - g. Toxoplasmosis
      - h. Mumps
      - i. Lyme disease
      - j. COVID-19 and COVID-19 immunization reactions
      - k. Zika
      - l. Chikungunya
    - References

Chronic-Lasts a month or more. Complex ulcer with or without oral ulcers

- **Test** for HSV and HIV and treat if positive (see CDC STD Treatment Guidelines)
- **Tissue biopsies** to rule out cancer, Crohn's disease, infections (however, not always diagnostic).
  - **Soft** Biopsy edge of ulcer and any abnormal area
    - A. Contact dermatitis
    - B. Complex vulvar aphthous ulcers Primary idiopathic complex aphthae Secondary complex aphthae Systemic disease
      - i. Inflammatory bowel disease, Crohn´s disease
      - ii. Behcet's disease
      - iii. Immunodeficiency
      - iv. Hematologic abnormalities
      - v. Syndromes-MAGIC, PFAPA
    - C. Langerhan´s cell histiocytosis
    - D. Hidradenitis suppurativa
    - E. Pyoderma gangrenosum
    - F. Very rare infections Tuberculosis Amebiasis Histoplasmosis Leishmaniasis Schistosomiasis
  - **Hard** Biopsy in abnormal area; if thick, biopsy to end of punch
    - Vulvar malignancies
    - Squamous cell carcinoma
    - Basal cell carcinoma
    - Melanoma
    - Adenocarcinoma
    - Lymphoma

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