

Vulval Dermatoses Pathway

History:

Gynae history; oestrogen deficiency state (breastfeeding, menopause, medication), menorrhagia, sanitary protection, hygiene practices Dry skin/atopy/psoriasis Medical history Family history autoimmune conditions Consider STI screen if appropriate

Vulval Care:

Cetraben® for washing & moisturising. Avoid Aqueous Cream. Pat dry. Cotton Underwear. Leave 30 minutes after emollient before applying topical steroids

Normal Skin or Anatomy



Ovestin[®] cream for oestrogen deficiency states
Review in 3 months



Refer Gynaecology Collaborative

If no response to rx, uncertain cause, pain problematic

Created July 2020, Review July 2025 Dr Belinda Solomon

Examination:

Whole anogenital area
Buccal mucosa if lichen planus
suspected
Psoriasis-nails, scalp, knees, elbows

Possible VIN if previous CIN Warty change, variable pigmentation/discoloration but normal architecture & anatomy

Urgent Referral

Red Flags: Vulval Cancer Unexplained vulval lump, ulceration or bleeding



2ww Referral

Primary Care Management

<u>Lichen Sclerosis Images</u> Loss of normal anatomy. Labial fusion. Buried clitoris. White or pale areas.
<u>Lichen Planus Images</u> White streaks, red or pink sore areas, ulceration, loss of normal anatomy, labial fusion.
<u>Lichen Simplex Images</u> Dry, Lichenification, atopic history

Lichen Simplex



Eumovate® cream (clobetasone butyrate 0.05%) bd for 2 weeks od for 2 weeks, twice a week for 2 weeks. Review 6 weeks



Refer Gynaecology CollaborativeIf no response to rx or uncertain cause

Lichen Sclerosis



Dermovate® cream (clobetasone proprionate 0.05%) bd for 1 month, twice a week ongoing. Review 6 weeks



Refer Gynaecology Collaborative If no response to rx, uncertain cause, sexual dysfunction & pain

Psoriasis



Eumovate® cream (clobetasone butyrate 0.05%) bd for 2 weeks od for 2 weeks, twice a week for 2 weeks. Review 6 weeks



Refer Gynaecology Collaborative
If no response to rx

<u>www.bad.org.uk</u> British Association of Dermatologist for Patient Information Leaflets & Clinical Guidance In collaboration with local consultant gynaecologists