



UK Lichen Planus

Useful measures if you have vulval pain

Nothing in this leaflet is meant to qualify as a medical diagnosis. You should consult your doctor or other medical practitioner for a diagnosis and further information.

- Do not use soaps, bubble-baths, deodorants or vaginal wipes in or around the vulval area.
- Clean the vulval area with water only, or with emulsifying ointment (available from pharmacies in 500mg tubs), preferably using showers not baths.
- If passing urine makes your symptoms worse, wash the urine away from the vulval area using a jug of warm water while on the toilet.
- Clean the vulval area only once a day, avoiding scrubbing with flannels and brushes. Avoid overuse of creams that have not been prescribed.
- Avoid antiseptics in the bath.
- Wear loose-fitting cotton underwear.
- Try washing undergarments with water only. Fabric conditioners and washing powders contain potential irritants to the skin.
- When washing your hair, avoid allowing the shampoo from coming into contact with vulval area. Try washing your hair in the sink.
- Bathe the affected area once or twice a day using compresses of cotton wool soaked in colloidal oatmeal such as Aveeno dissolved in water and stored in the fridge. You can buy Aveeno colloidal oatmeal sachets from [ExpressChemist](#). If you cannot find colloidal oatmeal, store moistened tea bags in the fridge or freezer and use them as cold compresses twice daily.
- If swimming or exercising vigorously protect the vulval area with Epaderm barrier cream.
- If sex is painful you may want to try a **natural vaginal lubricant** called **Sylk** that is made from kiwi fruit extracts. Alternatively **Astroglide** works well for many women.



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- Use unscented, unbleached tampons, sanitary towels/pads and pantyliners, such as Natracare products (www.natracare.co.uk).
- Sitting on specialist pressure relief cushions such as foam or gel wedges may help to reduce pain. These are available from any specialist back or medical-supply store, or you can mail order one from The Back Shop (www.thebackshop.co.uk/products/category115.html).

Legal disclaimer

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