



UK Lichen Planus

Treatments for vulval pain

* From Doctors only

Treatment	Useful for...	Advantages	Disadvantages
Tricyclic antidepressants* Eg amitryptlyine Lofepamine Nortryptlyine	Constant pain eg generalised vulvodynia	Easy to take by mouth. Increase dose according to level of pain	Side-effects initially. Dry mouth, drowsiness and occasional constipation
Gabapentin*	Constant pain eg generalised vulvodynia	Easy to take by mouth. Increase dose according to level of pain	Side-effects initially.
Pregabalin* (Lyrica)	Constant pain eg generalised vulvodynia	Easy to take by mouth. Increase dose according to level of pain	Side-effects initially.
Lignocaine jel	Generalised vulvodynia and localised vulvodynia	Easy to apply No general side-effects Can be used as required and often	Occasionally can get skin irritancy on application. Use test dose first
Lignocaine ointment	Generalised vulvodynia and localised vulvodynia	Easy to apply No general side-effects Can be used as required and often	Occasionally can get skin irritancy on application. Use test dose first
Paracetamol	Any condition	Good instant pain relief	Only mild painkiller
Anti-inflammatories	Any condition	Good instant pain relief	Stomach discomfort occasionally
Codeine preparations	Any condition	Good instant pain relief	Constipation and drowsiness
Acupuncture	Constant pain	Can be curative	Expense
Emollients Eg. Aqueous cream E45 cream	Constant pain and flare ups	Good instant relief	Occasionally irritancy
Aloe vera gel/liquid	Constant pain and flare ups	Good instant relief	Occasionally irritancy
Steroid ointments eg Trimovate* Dermovate* 1% hydrocortisone	Localised vulvodynia Lichen sclerosis (LS/LP)	Established treatment in LS Some help in localised vulvodynia	Irritancy on application
Interferon injections*	Localised vulvodynia	None	Not currently used in UK
Surgery* eg Removal of vulval skin	Localised vulvodynia	60% cure rate	Requires surgery and post op pain relief
Lactobacillus wash	Any problem	Restores vaginal	Can occasionally irritate



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		pH	
Dietary manipulations eg low oxalate diet	Generalised vulvodynia	Changes in diet can help avoid flare-up	Restrictive on diet No proof that it works
Sacral nerve stimulators*	Constant pain	Can help with intractable pain	Not routinely available Expensive
McTimmoney chiropractors	Generalised vulvodynia? One sided pain	Gentle and holistic	Expense
Acupuncture	Chronic pain	Effective in chronic pain	Expense
Reiki healing	All vulval problems	Good for relaxation	Expense
Aromatherapy	All vulval problems	Good for relaxation	Expense
Hypnosis	All vulval problems	Effective in chronic pain	Expense
Reflexology	All vulval problems	Good for relaxation	Expense
Acupuncture	Chronic pain	Effective in chronic pain	Expense
Aromatherapy	All vulval problems	Good for relaxation	Expense
Hypnosis	All vulval problems	Effective in chronic pain	Expense
Reflexology	All vulval problems	Good for relaxation	Expense



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Treatments for painful sex

Treatment	Useful for...	Advantages	Disadvantages
Amielle Vaginal trainers	Vaginismus/ pelvic floor tension LS / LP	Simple to use and can build confidence with penetration	Unromantic! Very clinical!
KY jelly	Lack of lubrication	Cheap and simple	Benefit short-lived! Try Senselube and Astroglide
Astroglide	Lack of lubrication	Cheap and simple	
Senselube	Lack of lubrication	Cheap and simple	
Lidocaine jel	Localised vulvodynia	Easy to apply No general side- effects Can be used as required	Occasionally can get skin irritancy on application. Use test dose first
Lidocaine ointment	Localised vulvodynia	Easy to apply No general side- effects Can be used as required and often	Occasionally can get skin irritancy on application. Use test dose first
Vaginal massage	Vaginismus/ pelvic floor tension LS / LP	Simple to do and can build confidence with penetration	
Sensate focus therapy	Fears and worries about sex and low libido (see handbook)	Structured approach to long term sexual problems	Needs time with psychosexual counsellor
Antihistamines	Post-sex swelling and pain	Simple to take	Dubious benefit. Can help if the woman suffers from hives!
Emollients Eg. Aqueous cream E45 cream	Post-sex swelling and pain	Simple rapid relief	Irritancy occasionally
Aloe vera gel/liquid	Post-sex swelling and pain	Simple rapid relief	Irritancy occasionally

Legal disclaimer

The information contained within this leaflet is not meant to qualify as a medical diagnosis. You should consult your doctor or other medical practitioner for a diagnosis and further information.