Vulvar Lichen Planus: Characterization of a Rare Disease

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Objectives: Vulvar lichen planus (LP) is a rare inflammatory disease and this descriptive study seeks to better characterize these patients.

Methods: A billing report for patients seen in referral vulvar clinic with ICD-10 code L43.9 was used to collect descriptive data from patients identified between March 2013 to May 2017.

Results: 54 patients were identified, all Caucasian, age range 20-79 at diagnosis. 52 (96.3%) were biopsied to assist in diagnosis. Of note, 38 (70.3%) were overweight/obese, 40.7% had extra-genital LP, 59.3% had hypothyroidism. Presenting symptoms were itch, pain, burning, dyspareunia, and discharge. 53 (98%) of patients had erosive lichen planus. 52 (96.3%) of patients were treated with Clobetasol and 47 (87%) remained on this at their last visit. 22 (40.7%) of patients experienced complete remission on treatment, 27 (50%) partial remission and 5(9.3%) with no change in their symptoms.

Conclusion: Vulvar lichen planus is a rare condition with effective treatment options as demonstrated in our study.