

I can also use my moisturiser as often as I like.

It's called: _____

Other treatments I use for my LS:

This might be treatments you use all the time, some of the time or just during flare-ups.

My doctor or nurse also recommends:

This might include ways to relieve pain or itching, or ways to keep my symptoms calm.

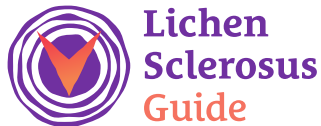
My doctor or nurse is called: _____

They're based at: _____

Their phone number is: _____

My next check-up will be

Organised by my doctor Organised by myself

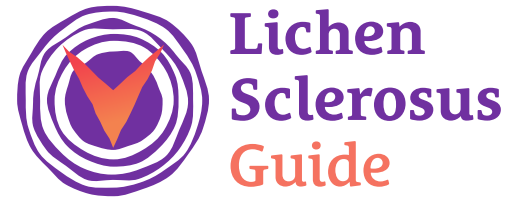


Scan the QR code on the right with your mobile phone to visit our website.

v1.0 14th January 2025



Fold Here



My LS Treatment Plan

We've put together this easy-to-use plan to help you keep track of your vulval LS treatment. Take it along to your next appointment and ask your doctor or nurse to help you fill it in.

My topical steroid is called: _____

It might also be known as: _____

Its strength is:

Potent Very potent

This is how much I need to use each time.

Generally, the advice tends to be to use one to two pea-sized blobs each time you put it on, but ask your doctor to show you the right amount for your body and your LS.



Ask your doctor to shade in how many pea-sized blobs or what proportion of a fingertip unit to use each application.

This is how often I need to use my topical steroid

If I've just been diagnosed:

The current guidelines suggest using your steroid:

- Once a day for the first month
- Then every other day for the second month
- Then twice a week until you see your doctor for a review or your LS feels completely calm

If I'm having a flare-up:

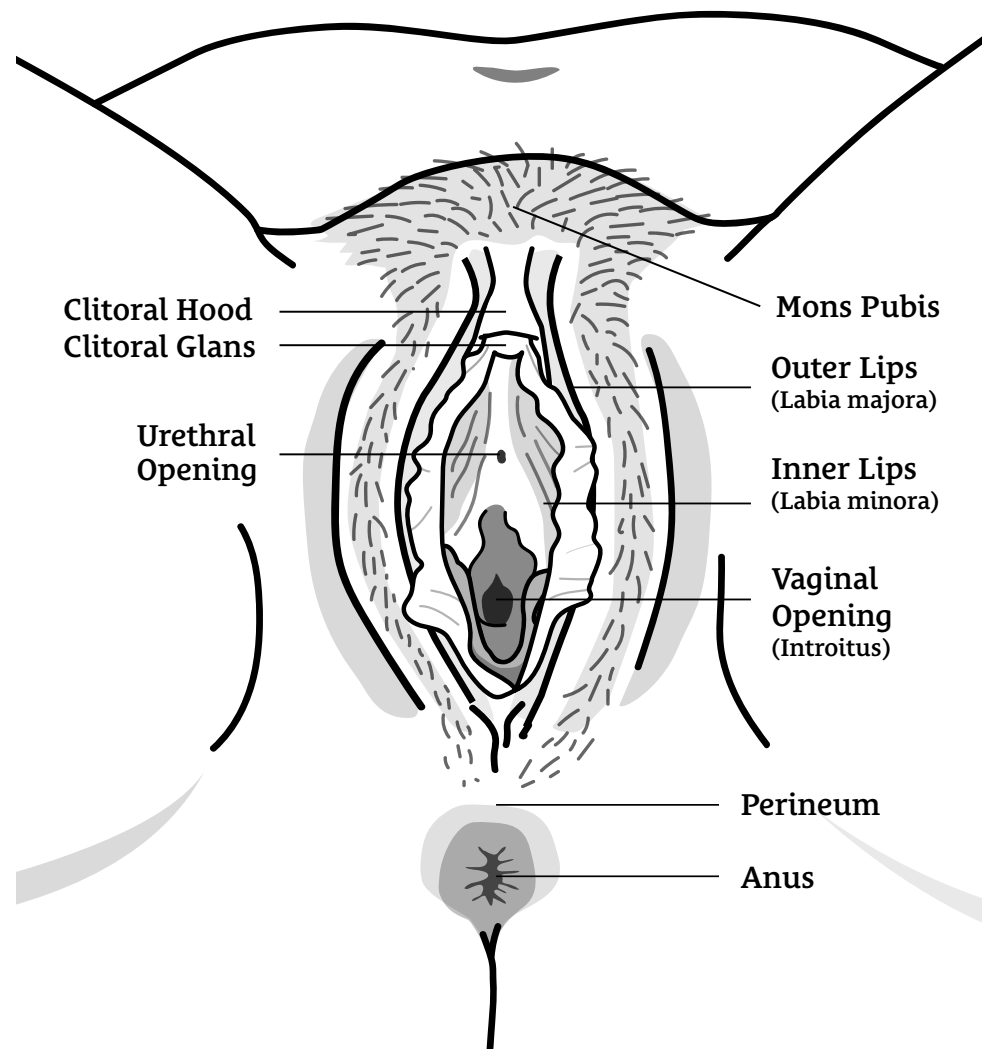
Use your steroid once a day until your LS feels completely calm again.

If my LS is calm:

LS is a long-term condition, so most people need to keep using their topical steroid, even when their symptoms are calm. Doctors often recommend using it twice a week, but this varies from person to person. Ask your doctor to make a note here explaining what they'd like you to do.

This is where I need to put my topical steroid.

Ask your doctor to show you where to apply your treatment.



Scan the QR code on the right with your mobile phone to find out more about how to apply your topical steroid.

