Surgical Management of Lichen Sclerosus and Lichen Planus

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Disclosures

Advisory board for Merck Co., Inc.

The topical steroids that are used for lichen sclerosus and lichen planus are not FDA approved for the vulva and vagina, however, they are the current first line treatment.
Learning Objectives

At the end of this presentation, the participant will:

- Increase knowledge on the variety of vulvovaginal procedures being performed in the office and in the operating room for lichen sclerosus and lichen planus

Written Information Available:

University of Michigan Center for Vulvar Diseases

http://obgyn.med.umich.edu/patient-care/womens-health-library/vulvar-diseases

Then, click on Information on Vulvar Diseases
University of Michigan Center for Vulvar Diseases

There are many reasons for seeing a vulvar disease specialist. University of Michigan Center for Vulvar Diseases, treating many of these women in addition to our surgery and radiation oncology programs, is part of the broader University of Michigan health system. Our team is dedicated to providing comprehensive care for women with vulvar diseases.

The Center for Vulvar Diseases was created in 1925 to better serve and treat women with diseases of the external genitalia. Our center is one of only a handful of clinics that specializes in treating these conditions. We focus on the multidisciplinary approach to help patients improve their health.

The team approach allows us to provide a higher level of care and expertise to women who have already demonstrated a resistant and chronic illness: Vulvar Ulcerative Disease

Many women experience different forms of vulvar pain, including VV urology. Vulval pain is pain on the lips of the vulva or on the area of the vulva. It can be a burning, itching, or aching sensation. Some patients are unable to accept sexual penetration due to muscle spasms and tenderness. Other conditions associated with vulvar pain include:

- Lichen sclerosus or lichen planus – chronic inflammatory skin disorders
- Vulvar interstitial cystitis – a type of cystitis that occurs in the urinary tract, the human papilloma virus (HPV)
- Condylomata acuminata – a disease of the anus and vulva, with pain
- Bartholin cyst – fluid-filled cyst at the base of the labia

ICPC, London, May 29, 2014

Greenville, South Carolina, August 27, 2014
- Your Diagnosis Is (PPT PDF)
- Your Diagnosis Is Handout (PDF)

ISSVD Chicago, September 9, 2014
- Your Diagnosis Is (PPT PDF)
- Your Diagnosis Is Handout (PDF)

Wayne State, September 16, 2014
- Your Diagnosis Is (PPT PDF)
- Your Diagnosis Is Handout (PDF)
- Recurrent and Recurrent Candidiasis and BV (PDF)

58th Annual T Hart Baker, MD OB/GYN Symposium, September 20, 2014
- Common Vulvar Complaints and Management (PPT PDF)
- Common Vulvar Complaints and Management What's Your Diagnosis Handout (PDF)
- Recurrent and Recurrent Candidiasis and Bacterial Vaginosis (PPT PDF)
- Recurrent and Recurrent Candidiasis and BV Handout (PDF)
- Management of the Patient with Vulvar Pain Syndromes (PPT PDF)
- Management of the Patient with Vulvar Pain Syndromes Handout (PDF)

University of Virginia, November, 2014
- Your Diagnosis Is (PPT PDF)
- Your Diagnosis Is Handout (PDF)
- Vulvovaginitis Surgery Handout (PPT PDF)
- Recurrent and Recurrent Candidiasis and BV (PDF)
Symptoms and Signs Which May Require Surgery in Patients with LS or LP

**Symptoms**
- Dysuria
- Dyspareunia
- Apareunia

**Signs**
- Fusion of labia minora causing introital stenosis and potential for difficulty with urination
- Clitoral phimosis
- Prepuce cysts
- Cancer

**Surgical Treatment for Lichen Sclerosus in the Office**
Tip- Do not do this on Lichen Planus Patients in the Clinic
Tips for Surgery Performed in Operating Room

The solution to pollution is dilution
Tips

Surgical Treatment for Lichen Sclerosus in the Operating Room
Surgical Treatment of Clitoral Phimosis

- 8 women with LS underwent surgical repair of clitoral phimosis
- Assessed 12-26 months postop
  - 88% very satisfied
  - 12% satisfied

Surgical Treatment of Clitoral Phimosis

- CO2 laser to treat 20 women with LS and 3 with LP
  - 5 with LS had mild reagglutination
  - 3 required reoperation, with satisfactory results in follow-up
  - 2 women with LP required reoperation
? Surgicel vs. Steroid Injection in OR

-3 young women; good outcome

Prepuce Cyst and Lichen Sclerosus
Lichen Sclerosus and VIN Differentiated V-to-Y Flaps

V-to-Y Flaps
V-to-Y Flaps

V-to-Y Flaps
Perineoplasty for Introital Narrowing in Lichen Sclerosus and Lichen Planus


- 64 patients underwent perineoplasty

  Dyspareunia improved in 90%
  Quality of sexual intercourse improved in 86%
Other Techniques - Double Z Plasty

Fenton's Procedure

Contracture band
Surgery Required for Lichen Sclerosus and Cancer

Erosive Lichen Planus
Lichen Planus (LP)

- Affects the genital skin and mucous membranes producing vaginal scarring
- Can result in complete closure of the vagina
- Can also result in esophageal strictures
Lichen Planus (LP)

- Surgery for lichen planus (lysis of vulvovaginal adhesions) consists of opening the vagina under anesthesia, followed by long term vaginal dilation and intravaginal steroids.
Lysis of Vulvovaginal Adhesions in Lichen Planus

- Surgical lysis of adhesions
  - Goal
    - Improve urine flow, decrease risk of UTI
    - Allow intercourse, reduce dyspareunia
  - Best if disease controlled (koebnerization)
  - Results
    - N=22, 11 patients who underwent surgery for vulvovaginal adhesions and 11 age matched controls
    - 6 months to 6 years post-lysis of adhesions
    - 91% satisfied with procedure
    - 75% of patients with decreased urinary difficulties
    - 55% able to have intercourse
    - 50% continued to fear pain
  - Post op dilator 48-72 hours, long term dilation and steroids

Medical-Grade Vaginal Dilators
Vaginal dilators work by gently and gradually stretching the vagina over time. By beginning with smaller sized dilators and eventually progressing to larger sizes, many women are able to comfortably reach the vagina in time. Eventually they can more comfortably use tampons, have gynecological exams or experience sexual intercourse.

**IMPORTANT**

The insertion of your Civicable, provides complete comfort that you enjoy. However, it is recommended that you consult your healthcare provider before using your Civicable. 

Do not use on any pre-existing condition, do not consult your healthcare provider if you are pregnant, do not use if you have any other condition, do not use if you have any health problems.

The product contains alcohol. Do not use if you are pregnant. Do not use if you are allergic to any ingredients.

2/20/2015
Other Surgeries for Lichen Sclerosus and Lichen Planus

- Hydrodissection with reverse V plasty technique
- Cryosurgery
- Ultrasound therapy
- Use of split thickness skin grafts or full thickness skin grafts
- Release of urethral strictures (oral mucosa grafts)
- Use of acellular human dermal allograft
- Role of adipose derived mesenchymal cells and platelet rich plasma in tissue regeneration
- Stem cell lift
Increase knowledge on the variety of vulvovaginal procedures being performed in the office and in the operating room for lichen sclerosus and lichen planus.