



ADVANCED AESTHETIC CENTER FOR ORAL & MAXILLOFACIAL SURGERY

LICHEN PLANUS PATIENT INFORMATION

WHAT IS LICHEN PLANUS

LICHEN PLANUS IS A CHRONIC, RECURRENT, NONINFECTIOUS INFLAMMATORY DISEASE THAT AFFECTS THE SKIN AND MUCOSA (TISSUE THAT COVERS THE INNER SURFACE OF BODY CAVITIES SUCH AS THE MOUTH, NOSE, AND VAGINA) IN APPROXIMATELY 0.5% TO 2.0% OF THE POPULATION. ALTHOUGH THE SPECIFIC CAUSE OF LICHEN PLANUS HAS NOT BEEN IDENTIFIED, THIS DISEASE HAS BEEN ASSOCIATED WITH ALTERED CELLULAR IMMUNITY AND ANXIETY.

DIAGNOSIS OF LICHEN PLANUS

LICHEN PLANUS MAY CAUSE NO SYMPTOMS. WHEN SYMPTOMATIC, PATIENTS MAY EXPERIENCE PERIODIC ORAL DISCOMFORT. PATIENTS WITH SYMPTOMATIC SKIN LESIONS EXPERIENCE ITCHING AND MAY BE AWARE OF SCALY, SLIGHTLY RAISED PORTION OF SKIN THAT MOST OFTEN AFFECTS THE PALMS, WRISTS AND SOLES. LESIONS INVOLVING THE ORAL MUCOSA MAY BE WHITE OR RED, WITH A LACE PATTERN. DURING SYMPTOMATIC EXACERBATIONS, THE ORAL LESIONS MAY HAVE SUPERFICIAL ULCERATIONS, WITH PAIN WHEN EATING OR DRINKING. THE DIAGNOSIS IS CONFIRMED BY REMOVING A PORTION OF AFFECTED TISSUE FOR MICROSCOPIC EXAMINATION (BIOPSY.)

TREATMENT OF LICHEN PLANUS

FOR PATIENTS WITH SYMPTOMATIC LICHEN PLANUS, TOPICAL STEROIDS, ORAL STEROIDS SUCH AS PREDNISONE, OR BOTH ARE EFFECTIVE IN CONTROLLING THE DISEASE. STEROIDS ARE PRESCRIBED FOR USE AS A TOPICAL RINSE OR OINTMENT; HOWEVER, TABLETS CAN ALSO BE TAKEN. CARE FOR LICHEN PLANUS IS AIMED AT REDUCING THE SYMPTOMS WITH AS LITTLE USE OF TOPICAL OR ORAL STEROIDS AS IS EFFECTIVE, BECAUSE STEROIDS CAN PRODUCE SIDE EFFECTS. FOR EXAMPLE, PATIENTS WHO RECEIVE STEROIDS ARE SUSCEPTIBLE TO THE DEVELOPMENT OF CANDIDIASIS (YEAST INFECTION FROM CANDIDA.)

LICHEN PLANUS CANNOT BE CURED. HOWEVER, THE SYMPTOMS CAN BE CONTROLLED DURING THE PERIODIC EXACERBATIONS.