

Patient Information Leaflet: **The use of clobetasol propionate 0.05% cream or ointment**

You should apply your clobetasol cream/ointment sparingly (this means half to one finger tip) to the affected area(s). These are the areas where you notice itch/discomfort or changes in the skin.

Apply the cream/ointment:

- once daily for one month
- then on alternate days for one month
- then twice a week for one month
- then once a week for one month
- then gradually reduce this until you can use it occasionally or not at all.

One 30 g tube of clobetasol cream/ointment should last at least three months. This amount should not cause you to have adverse effects on the treated skin or elsewhere in the body.

If symptoms return after the four month's course, you can use the clobetasol cream/ointment every night for two weeks to treat the flare-up and then try to reduce the frequency, as above.

If symptoms keep coming back quickly when you stop using the cream/ointment, you may prefer to use the cream/ointment regularly once or twice a week long term. Long-term use is safe as long as one 30 g tube lasts at least three months. More than this may cause skin thinning.

It is normal to notice stinging for a few minutes after applying the cream/ointment. However, if you notice stinging in the area for more than one to two hours after applying the cream/ointment, you may have become sensitive to one of the ingredients. There are several alternative creams/ointments and you should contact your clinic for advice.

References

British Association of Dermatologists' guidelines for the management of lichen sclerosus 2018 F.M. Lewis, F.M. Tatnall, S.S. Velangi, C.B. Bunker, A Kumar, F Brackenberry, M.F. Mohd Mustapa and L.S. Exton

2014 UK National Guideline on the Management of Vulval Conditions

Clinical Effectiveness Group British Association for Sexual Health and HIV Feb 2014

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

www.mchft.nhs.uk

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