

# Vulvar Skin Conditions— Hypopigmented



## FAST FACTS

**>1 in 900**

prevalence of lichen  
sclerosus

**‘figure of  
eight’**

hypopigmentation is a classic  
identifier for lichen sclerosus

**long-term  
risk**

of scarring and malignancy  
from lichen sclerosus, unless  
treated

Hypopigmented vulvar skin conditions, including lichen sclerosus, can occur in early childhood and may present with vulvar itching or irritation. Vulvar skin conditions are often first identified by the primary care provider based on symptoms and clinical exam). Consult pediatric dermatology and pediatric gynecology specialists if diagnosis is unclear.

## ASSESSMENT

Perform a standard health history and physical exam (HPE) with specific questions about symptoms (vulvar itching, vulvar burning, pain with urination or with bowel movements/constipation), skin changes (whitening of vulva or other parts of body, vulvar redness), and prior treatments. Assess for family history of lichen sclerosus.

## HPE (HISTORY AND PHYSICAL EXAM) RED FLAGS

- Pre-pubertal patient
- Vulvar hypopigmentation (‘figure of eight’ distribution)
- Vulvar itch
- Pain with urination or defecation
- Loss of clitoral hood/labia minora
- Petechiae/bruising
- Skin splits (lichen sclerosus/yeast)
- Perianal fissuring/ulcers (vulvar Crohn’s, lichen sclerosus)

## MANAGEMENT/TREATMENT

### Lichen sclerosus or vitiligo variant of lichen sclerosus

- Topical steroid—begin clobetasol 0.05% ointment BID x 4 weeks, then daily x 4 weeks
- Apply protective barrier cream (Vaseline or Aquaphor) as needed for comfort
- Surveillance every 6 months once improvement achieved

### Vitiligo

- If pre-pubertal, observe
- If post-pubertal, start topical tacrolimus ointment, Pimecrolimus BID
- Photodocumentation

### Perineal hygiene recommendations

- Avoid using any soap on the vulva
- Apply protective barrier cream (Vaseline, 40% zinc oxide) as needed for comfort
- Plain warm water bath to help with perineal hygiene—avoid bath bombs and bubble baths
- Voiding with legs spread apart
- Cotton underwear, sleeping without underwear

## WHEN TO REFER

Refer hypopigmented vulvar skin conditions to Cincinnati Children’s Combined Dermatology/Gynecology clinic.

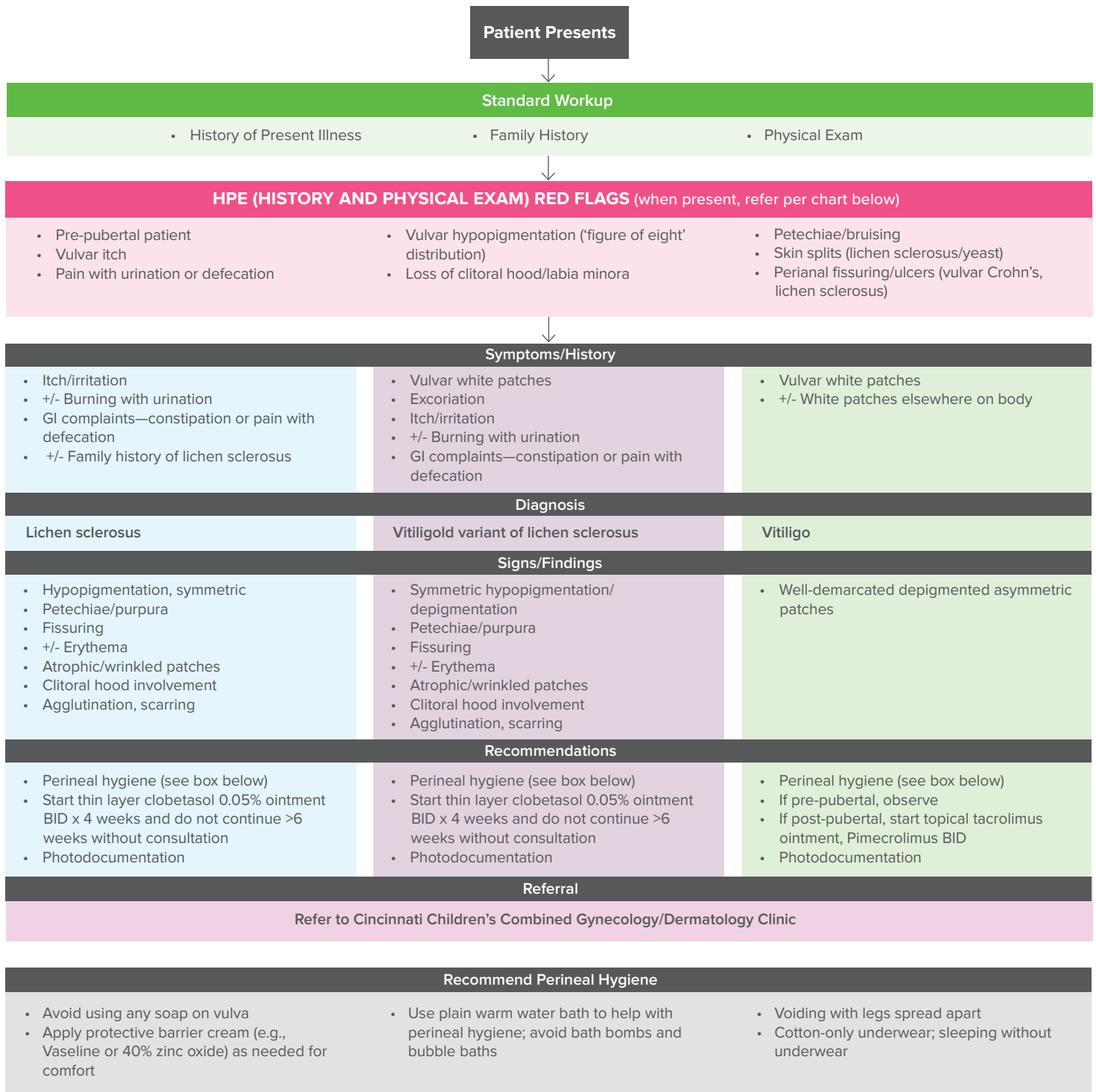
If you would like additional copies of this tool, or would like more information, please contact the Physician Outreach and Engagement team at Cincinnati Children’s.

For clinical questions about these conditions, contact:

Dermatology: 513-636-4215;  
dermatology@cchmc.org

Gynecology: 513-636-9400;  
gynecology@cchmc.org

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For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.