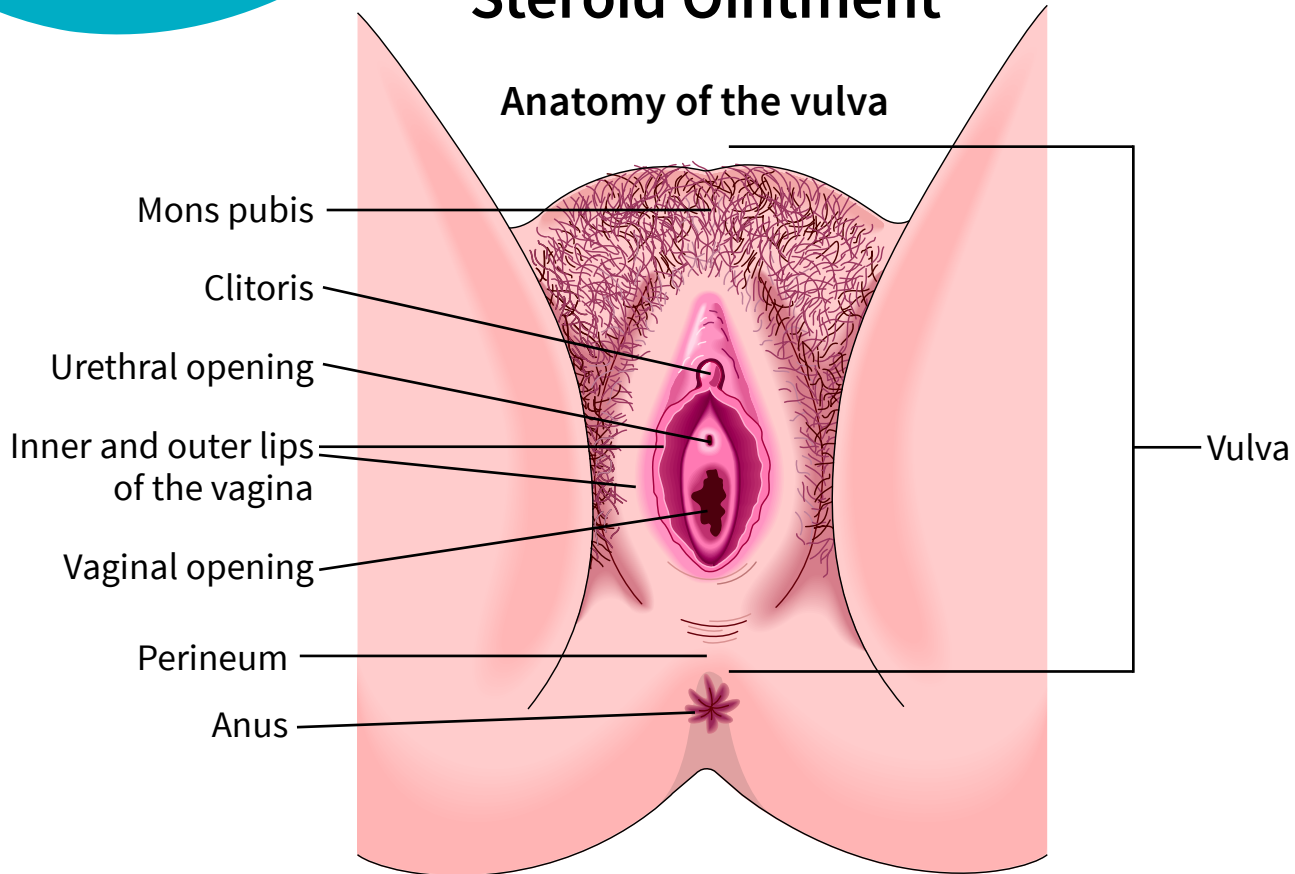


# How to Apply Your Steroid Ointment



You have been prescribed a **steroid ointment** called \_\_\_\_\_.  
 This medication helps to lower inflammation (redness, swelling, pain) caused by a skin condition on your vulva called:

- |   |  |
|---|--|
| <input type="checkbox"/> Lichen Sclerosus         | <input type="checkbox"/> Psoriasis       |
| <input type="checkbox"/> Lichen Simplex Chronicus | <input type="checkbox"/> Zoon's Vulvitis |
| <input type="checkbox"/> Lichen Planus            | <input type="checkbox"/> Other: _____    |

This ointment is safe to apply to (put on) your vulva if it has been prescribed to you for this condition. It is very important to put this ointment on **exactly as your health care provider tells you** (see highlighted area of picture above). Be careful where you apply the ointment. Putting it on the wrong area can irritate other skin areas or have other side effects.

### Tips to remember:

1. Wash your hands just before applying the ointment, and again after you are done.
2. Use only a small, pea-sized or half pea-sized amount of the ointment.
3. Apply the ointment **only** to the affected area. **Do not** apply it to healthy skin areas.
4. **Do not** stop your treatment unless your health care provider says it is OK.

Prepared by: Gynecolposcopy Clinic

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