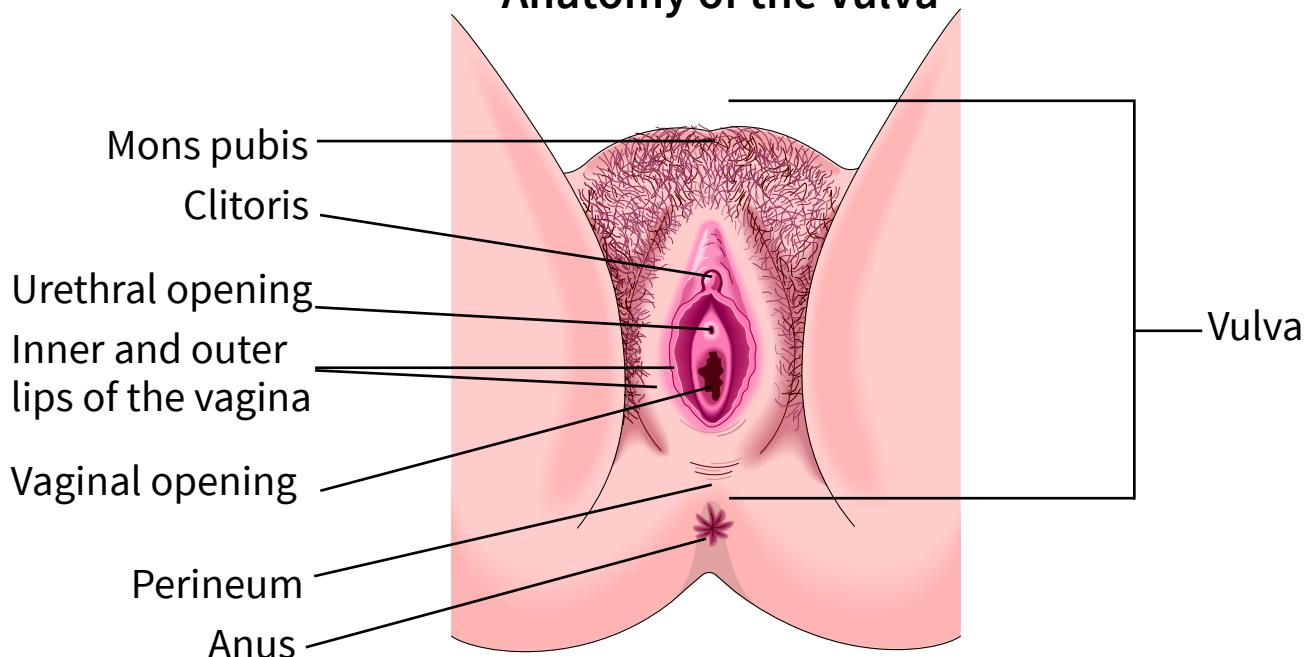


How to Apply Your Steroid Ointment

Anatomy of the Vulva



- 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:
 - Lichen sclerosus
 - Lichen simplex chronicus
 - Lichen planus
 - Psoriasis
 - Zoon's vulvitis
 - 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.

Remember:

1. Wash your hands just before applying the ointment, and again after you are done.
2. Use only a small, 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.

**What are your questions?
Please ask. We are here to help you.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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