

Plasma Cell Vulvitis (Zoon's Vulvitis)

If it is an emergency, call 911 or go to the nearest Emergency Department right away.

If you have concerns, but it is not an emergency:

- › Call your primary health care provider (family doctor or nurse practitioner), or call 811 to talk to a registered nurse 24 hours a day, 7 days a week.

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 this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

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

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Zoon's Vulvitis

What is Zoon's vulvitis?

- Zoon's vulvitis is inflammation (redness) of the vulva. The vulva covers the opening to the vagina.
- Zoon's vulvitis causes red, shiny patches of skin on the vulva. It is usually found on the introitus (opening of the vulva).
- Zoon's vulvitis is not common.

What are the symptoms?

- › Irritation
- › Itching
- › Burning
- › Pain during sex
- › Pain

What causes Zoon's vulvitis?

- There is no known cause.
- It is not cancer or an infection.
- It is not contagious.
- It cannot be spread through sexual contact.

How do I know if I have it?

- Your specialist will check your vulva. They may take a biopsy (a small tissue sample). They will send the sample to the lab to be tested.

What is the treatment?

- Your specialist may prescribe a topical (on the skin) medication. Carefully follow all of the directions your specialist gives you. You may need treatment again if your symptoms come back.

Is there any follow-up?

- Follow-up is important to:
 - › make sure that the treatment is working.
 - › watch for other conditions that could make Zoon's vulvitis worse.
- Your specialist will tell you when you need to come back to the Clinic.
- To confirm or rebook a Clinic appointment:
 - › Phone: 902-473-6112

Questions

- Please call the Clinic if you have any questions about your appointments, or any concerns.
 - › Phone: 902-473-4180