



Patient & Family Guide
2018

Zoon's Vulvitis



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Zoon's Vulvitis

What is Zoon's vulvitis?

Zoon's vulvitis is an inflammation (swelling) of the vulva. The vulva is the outer part of the female genitals. Zoon's vulvitis is not common. It is also called 'plasma cell vulvitis.'

Zoon's vulvitis looks like red, shiny patches on the vulva.

What are the signs and symptoms of Zoon's vulvitis?

- › irritation
- › burning
- › pain
- › itching
- › painful sexual intercourse (sex)

How did I get Zoon's vulvitis?

There is no known cause. Scratching and infections can make the condition worse. Zoon's vulvitis is not contagious, so it cannot be spread through sexual contact. It is not precancerous (a sign of cancer) or dangerous, but you will need treatment off and on.

How do I know if I have it?

Your doctor will take a close look at your vulva. They may take a biopsy (a small tissue sample). This sample will go to the lab for analysis.

What is the treatment?

Your Clinic doctor may prescribe a treatment. Please follow the directions you are given to correctly use any ointments prescribed.

Is there any followup?

Followup is important to make sure that the treatment is working and to watch for other conditions that could make Zoon's vulvitis worse. Your doctor will tell you when you need to return to the Clinic.

Contact appointments:

To confirm or reschedule a Clinic appointment, please call 902-473-6112.

Questions:

If you have any questions about your appointments, or any concerns, please call the Clinic at 902-473-4180.

If it is an EMERGENCY, please call 911 or go to the nearest Emergency Department.

If it is a not an emergency and you have concerns, call your family doctor, or call 811 to talk to a registered nurse.

Colposcopy Clinic

**5th Floor, Dickson Building
QEII, Victoria General site
Halifax, Nova Scotia B3H 2Y9**

Looking for more health information?

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For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Prepared by: Colposcopy Clinic

Designed by: NSHA Library Services

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WP85-1498 © September 2018 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.