

The top half of the image is a photograph. On the right, a woman's midsection is visible, partially covered by a translucent pink fabric. To the left of her waist is a large, vibrant pink lotus flower in full bloom. The background is a plain, light color.

LA&HA Doctor's Notes

LichenLase™

1. What is LichenLase™?

LichenLase™ is a quick in-office laser procedure using the Nd:YAG PIANO modality for treatment of lichen sclerosus (LS). LichenLase™ effectively improves the symptoms of LS.

2. What is Lichen Sclerosus?

Lichen sclerosus (LS) is a long-term inflammatory skin condition that mainly affects the genital area, although it can appear anywhere on the skin. It's believed to affect at least 1 in 60 women. It is a chronic condition that cannot be cured, but it can be managed effectively with the right therapy.

Lichen sclerosus was once believed to primarily affect young children and postmenopausal women, but evolving research has reshaped that view. It's now understood that LS can occur at any age, though diagnosis is frequently delayed by several years.

3. Symptoms and Signs of Vulvar Lichen Sclerosus

Patients may first notice and describe symptoms of severe itching. This is often accompanied by a burning sensation and soreness, fragility of skin, and sometimes dysuria. People of reproductive age often complain of superficial dyspareunia, i.e. pain during sex. If symptoms are severe and left untreated, the tissue may scar and start fusing.

Lichen sclerosus can be found on the labia, clitoris, clitoral hood, perineum and perianal area. The affected skin appears white and waxy, and white skin patches may be present. The condition sometimes gives rise to a "figure-eight" shape around the vagina and anus.

4. Suggested Laser Parameters and Treatment Technique

Handpiece	R33
Mode	PIANO
Fluence (J/cm²)	90-100
Pulse width (s)	5
Spot size (mm)	9

Using the Nd:YAG PIANO modality, LichenLase™ is performed in a brushing mode, hence with constant movement. All parameters are pre-set in Fotona laser systems. The recommended fluence is 90 J/cm² and the typical spot size used for LichenLase™ is 9 mm. The treatment causes minimal discomfort.

The goal is to homogeneously heat the treated area, which is achieved by performing six (6) passes over the affected vulvar area. Please note that each pass consists of two motions of the handpiece (up & down) over the affected area.

To allow feedback from the patient, who will feel heat in the treated area, anesthesia is neither required nor recommended. Cooling during the procedure is also not needed.

Treatment with Nd:YAG PIANO mode can be performed in combination with ablative Er:YAG to remove epithelial hyperkeratosis associated with LS.

Like with any other laser treatment, always review the absolute and relative contraindications for laser procedures, as listed in the Operator Manual.

The most important considerations before attempting treatment with LichenLase™ are:

- Do not treat any suspicious lesions that may be malignant.
- Biopsy any suspicious lesions.
- Consult a dermatologist for skin cancer screening before initiating ablative laser therapy.



Figure 1: Treat the affected vulvar area by performing six (6) passes.

5. Treatment Schedule

To achieve the treatment effect, 3 treatment sessions are required, spaced 2-4 weeks apart.

LichenLase™ delivers significant relief of bothersome symptoms and improvement in clinical outcomes. It has high patient satisfaction and improves the overall quality of life.

We recommend a maintenance treatment every 6 months.

Regular checkups are essential to monitor the patient's condition.

6. Skin Reactions After the Procedure

Normal skin reactions may include mild skin redness and dryness, which can last for a few days after the procedure. Some individuals may not develop these reactions at all.

7. Post-Treatment Care

After the procedure, apply a neutral moisturizing cream or gel to the treated area. This cream may contain hyaluronic acid, collagen or panthenol. The patient should continue using an ointment or a neutral moisturizing cream or gel for the next few days, up to 1 week.

If LichenLase™ was performed in combination with ablative Er:YAG to remove epithelial hyperkeratosis, patients should apply antibiotic ointment twice daily for the next 2 to 5 days, until the wound has healed.

8. Important

Regardless of the type of treatment (laser, corticosteroids or a combination), regular check-ups and maintenance therapies are vital to help monitor your patient's condition and prevent potential complications.