

PubMed

COVID-19 is an emerging, rapidly evolving situation.  
Get the latest public health information from CDC: <https://www.coronavirus.gov>.  
Get the latest research from NIH: <https://www.nih.gov/coronavirus>.

Full text links



Format: Abstract

*J Low Genit Tract Dis.* 2020 Feb 14. doi: 10.1097/LGT.0000000000000512. [Epub ahead of print]

## Fractionated CO2 Laser as Therapy in Recalcitrant Lichen Sclerosus.

Balchander D<sup>1</sup>, Nyirjesy P.

### Author information

### Abstract

**OBJECTIVES:** The aim of this study was to evaluate the efficacy of the fractionated CO2 laser in treating recalcitrant lichen sclerosus (LS).

**MATERIALS AND METHODS:** The study population was 40 women diagnosed with LS who were symptomatic despite medical treatment. Patients had at least 2 or more laser sessions with a 2-month follow-up visit at the Drexel Vaginitis Center. A fractionated CO2 laser was used on affected areas at mild or standard power settings. Analyses were performed of changes in symptom rating scales, verbal reports, and physical examination findings.

**RESULTS:** In the LS cohort of 40 patients, 22 women (55%) experienced symptoms that had persisted longer than 5 years before treatment. After the appropriate laser sessions, 72.5% of women described their improvement as significant or more than 66% improvement. In addition, there was a statistically significant reduction in vaginal pain, itching, dyspareunia, and dysuria. The presence of white epithelium decreased 20% after treatment. Furthermore, the mean corticosteroid use declined from 4.28 times per week to 2.04 times per week, indicating a resolution of many symptoms.

**CONCLUSIONS:** The fractionated CO2 laser may be a helpful approach for managing LS that is unresponsive to traditional treatment options.

PMID: 32068618 DOI: [10.1097/LGT.0000000000000512](https://doi.org/10.1097/LGT.0000000000000512)

LinkOut - more resources

