

Lichen Sclerosus & Platelet Rich Plasma Therapy

What is Lichen Sclerosus?

Lichen sclerosus is a disorder that can affect the skin on your vulva (the area outside your vagina). It causes your skin to become discoloured, thin, irritated and itchy. Blisters and sores (usually from persistent itching) may also form on your genitals. Untreated, lichen sclerosus can lead to scarring, making it difficult or painful to have sex, urinate or have a bowel movement. There is no cure for lichen sclerosus, but symptoms can be controlled. Dr Farzana Khan is the only doctor in the North of England who offers treatment for lichen sclerosus with platelet rich plasma therapy (PRP).

Patient HR's Story:
By Dr Farzana Khan

How long have you been experiencing symptoms of lichen sclerosus?

I was diagnosed two years ago but I had symptoms for much longer and finally reached out to my own GP. I have since been receving treatment with steroid creams but never felt happy.

What led you to consider PRP treatment for lichen sclerosus?

I was listening to a podcast about perimenopause, vaginal atrophy, recurrent urinary tract infections and lichen sclerosus. A specialist in London was accommodating PRP as a treatment and this led to me searching for the treatment myself. I was very relieved to discover that a doctor inYorkshire was offering this procedure at The Harrogate Clinic.



How was the PRP administered and any side effect experienced during or after the treatment?

Dr Farzana Khan treated me in every session and talked trough the procedure. Numbing cream was applied to the intimate area and a blood sample was taken from my arm. The injections are slightly uncomfortable in certain areas but bearable and it was a quick procedure.

How did you feel during the course of PRP treatment, did you notice any changes in your symptoms or overall wellbeing?

I have noted improvement in the appearance of the vulva and considerably less irritation and itching in the area treated. I have also noted an improved sensation in the intimate area with improved sexual pleasure.

Did you experience any complications or side effects from the PRP treatment?

I have not experienced any complications. The treated area is a little tender for a few days, but this has not stopped my normal activities.

How has the PRP treatment to your intimate area impacted on your quality of life and would you recommend this treatment to others suffering from lichen sclerosus?

I would recommend this treatment to others. Living with an incurable condition like lichen sclerosus does impact your quality of life and my symptoms progressed even with regular steroid cream. I found I couldn't wear tight jeans and I would get problems with itching and irritation when exercise or walking. These symptoms have significantly reduced since my PRP treatment. I had lost sensitivity and was tight around the vaginal opening with scarring which affected my sex life. I have noted improved vaginal sensation and reduced pain during sex after the PRP treatment course, which has in increased sexual pleasure and confiendence.

Thank you to Mrs HR for sharing her story. Don't suffer in silence… if you are suffering from women's intimate issues, please contact:

Dr Farzana Khan MD, DFFP, MRCGP
The Harrogate Clinic
Tel: 01423 637172 / 07977 461279
Email: info@drfarzana.co.uk
Instagram: @drfarzanak