

LICHEN PLANUS

Lichen planus is a skin problem of unknown cause. It produces red to purple slightly scaly spots in the skin. Most commonly, these are located on the arms and legs. In certain cases it can involve other areas including the mouth. Lichen planus is a descriptive term, which was initially used because of the resemblance of the skin problem to a certain type of a lichen plant. The planus part of the name refers to the fact that the bumps are flat on the top.

Unfortunately the root cause of lichen planus is not known. At times it can be a reaction in the skin to an internal medicine or infection. Fortunately lichen planus is a self-limited skin condition that tends to clear completely with time. It can produce significant itching in the skin as the main symptom

There is effective therapy for this condition in most cases. Depending on the severity of the eruption, creams, pills or shots are used. At times, a special type of phototherapy known as narrow band UVB phototherapy is available. Your treatment will be individualized based on the severity of the problem

Lichen planus is not cancer, an infection, or serious. It is a bothersome problem because of the itching and the marks it can leave in the skin after successful therapy. Lichen planus is well known for this after the fact discoloration which can remain for many months but with time usually fades..

If you have any other questions about this condition, please do not hesitate to ask me.