

Tips and Tricks of the Trade: Derm Procedures and the Salves

Hope K. Haefner, MD
Director, The University of Michigan Center for Vulvar Diseases

Learning Objectives

By the end of this lecture, the participant will gain:

- Knowledge on vulvar biopsy and surgical techniques
- Hints for medications used in the care of patients with various vulvar conditions
- Tips for fissure treatment
- Advice on the diagnosis and treatment of infectious conditions
- Tricks for treating the patient with pruritus
- Tips on supplying your office for vulvar care needs

Prescriptions for Vulvar Diseases

Prescriptions for Vulvar Pain

Medications for localized pain or itching

Xylocaine®

5% Xylocaine® ointment
sig: apply to vulva prn
Disp: 35 grams

Zonalon® (doxepin) 5 % cream
Sig: apply to skin q d with gradual increase not to exceed qid
Disp:30 gms

Topical amitriptyline 2% with baclofen 2% in water washable base (WWB)-
squirt ½ cc from syringe onto finger and apply to affected area q d to tid
Disp: 30 day supply

Gabapentin ointment 3%
Sig: apply to affected area bid-tid
Disp: 3 month supply
(Occasionally a 6% concentration is made. It has also been mixed with topical Xylocaine® ointment)

Oral medications

Amitriptyline

Initial amitriptyline prescription:

amitriptyline HCL 25 mg
Sig: 1 po qhs x 1 week; If sx's persist, 2 po qhs x 1 wk, if sx's persist, 3 po qhs x 1 wk; if sx's persist, 4 po qhs. Maintain nightly dose that relieves symptoms (Generally not to exceed 4 po qhs) Do not stop suddenly

Start at 10 mg in patients age 60 or older; increase by 10 mg weekly

Future amitriptyline prescriptions

amitriptyline HCL ____mg
Sig: i po qhs (comes in 10 mg, 25 mg, 50 mg, 75 mg, 100 mg and 150 mg tablets)

Neurontin® (gabapentin)

Sig: 300 mg po qd x 3 days; if sx's persist, 300 mg po bid x 3 days; if symptoms persist, 300 mg po tid. Stay on this dose for a month and increase gradually if needed.

It comes in 100, 300, 400, 600 and 800 mg doses

Do not exceed 2700 to 3600 mg total dose per day. Do not give more than 1200 mg in a single dose.

Gabapentin ointment 3% or 6%
Sig: apply to affected area bid-tid
Disp: 3 month supply

Cymbalta® (duloxetine)

Sig. 30 mg po qd x 1 week. If symptoms persist, 60 mg po qd.
However, if patient has depression, and needs to go above 30 mg po qd, utilize the medication in a split dose (30 mg po bid).

Blocks

Bupivacaine (0.25% or 0.5%) and Kenalog® (triamcinolone acetonide)
Draw up Kenalog® first (40 mg /cc) (can use up to 40 mg steroid in single dose per month). Combine with Bupivacaine (large area use 0.25%; small area use 0.5%) Inject into specific area or use as a pudendal block.
Can be repeated monthly.

Yeast medications

Fluconazole 150 mg
Sig: 1 po 2x/week x 1 week, then 1 po q week for up to 6 months (If using for longer than 6 months, check LFT's) Do not use with active liver disease.

5 flucystosine 500 mg/5 grams compounded
in hydrophilic cream base
-Insert 5 gram (500 mg active drug) per vagina qhs x 14 days

Boric acid- fill 0-gel capsule halfway (600 mg)
To treat active yeast infection -Insert per vagina nightly for 14 days
For prevention of yeast -Insert per vagina twice weekly. Keep out of reach of children

Gentian violet- 0.25% or 0.5% aqueous solution
Applied at home daily or it may be given in the office as a 1.0% solution (once weekly for up to three times).

Medications for Lichen planus

Anusol HC® suppository
1/2 of a 25 mg suppository per vagina bid x 2 months
Decrease to qd x 2 months
Maintenance therapy of 1 - 3 x per week

Tacrolimus

For oral Lichen planus: Tacrolimus 0.1% in orabase Sig: apply to mouth bid Disp 50 gms	For vaginal lichen planus Tacrolimus vaginal suppositories Insert one supp per vagina (2 mg tacrolimus per 2 gm supp) qhs Disp 50	For vulvar Lichen planus Tacrolimus 0.1% Ointment Sig: apply to skin bid Available in 30 or 60 gram tubes
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Folliculitis

Emgel® 2% topical gel (erythromycin)
Sig: apply to skin bid
Available in 27 or 50 gram bottles

Desquamative vaginitis

Hydrocortisone 100 mg/gram in clindamycin 2% emollient cream base
Insert 5 gram (applicator full) q.o.d. x 14 doses

Steroid medications

Clobetasol propionate ointment 0.05% Sig: apply to vulva bid x 1 month, then qd x 2 months Disp: 30 gms	Triamcinolone acetonide ointment 0.1% Sig: apply to vulva qd to bid Disp: 80 gms Consider decreasing gradually to Triamcinolone acetonide ointment 0.025% qd to bid
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To order Magnifying Lens

Spaulding

- Phone 888-855-8666 Part number 81-33-05

CDC susceptibility testing

Division of STD Prevention 404-639-8363

FINAL TIP

Many vulvar conditions must be considered when a patient complains of discharge and itching. It is important to remember that **IF THE TREATMENT ISN'T WORKING, RECONSIDER THE DIAGNOSIS.**

Table 1. Potency Ranking of Some Commonly Used Topical Corticosteroids

Class	U.S. Brand Name	Generic name
Super-high Potency I Temovate [®] Cream or Ointment is more potent than Diprolene [®] Cream or Ointment and Psorcon [®] Ointment	Temovate [®] Cream, 0.05% Temovate [®] Ointment, 0.05% Temovate [®] E, 0.05% Diprolene [®] Cream, 0.05% Diprolene [®] Ointment, 0.05% Diprolene [®] AF Cream, 0.05% Psorcon [®] Ointment, 0.05% Ultravate [®] Cream, 0.05% Ultravate [®] Ointment, 0.05%	clobetasol propionate clobetasol propionate clobetasol propionate betamethasone dipropionate betamethasone dipropionate betamethasone dipropionate diflorasone diacetate halobetasol propionate halobetasol propionate
II	Cyclocort [®] Cream, 0.1% Cyclocort [®] Ointment, 0.1% Diprosone [®] Ointment, 0.05% Florone [®] Ointment 0.05% Lidex [®] Cream, 0.05% Lidex [®] Ointment, 0.05% Lidex-E [®] Cream, 0.05% Maxiflor [®] Ointment, 0.05% Maxivate [®] , Ointment 0.05% Topicort [®] Cream, 0.25% Topicort [®] Ointment, 0.25%	amcinonide amcinonide betamethasone dipropionate diflorasone diacetate fluocinonide fluocinonide fluocinonide diflorasone diacetate betamethasone dipropionate desoximetasone desoximetasone
III	Aristocort A [®] Cream 0.5% Cutivate [®] Ointment, 0.05% Diprosone [®] Cream, 0.05% Elocon [®] Ointment 0.1% Florone [®] Cream, 0.05% Maxiflor [®] Cream, 0.05% Maxivate [®] Cream, 0.05% Valisone [®] Ointment, 0.1%	triamcinolone acetonide fluticasone propionate betamethasone dipropionate mometasone furoate diflorasone diacetate diflorasone diacetate betamethasone dipropionate betamethasone valerate
IV	Aristocort [®] Ointment, 0.1% Cordran [®] Ointment, 0.05% Elocon [®] Cream, 0.1% Kenalog [®] Ointment, 0.1% Synalar [®] Ointment, 0.025% Topicort LP [®] Cream, 0.05%	triamcinolone acetonide flurandrenolide mometasone furoate triamcinolone acetonide fluocinolone acetonide desoximetasone
V	Aristocort [®] Cream, 0.1% Cordran [®] Cream, 0.05% Cutivate [®] Cream, 0.05% Dermatop [®] Emollient cream, 0.05%	triamcinolone acetonide flurandrenolide fluticasone propionate prednicarbate

	Kenalog [®] Cream, 0.1% Locoid [®] Cream, 0.1% Synalar [®] Cream, 0.025% Valisone [®] Cream, 0.1% Uticort [®] Cream 0.025% Westcort [®] Cream, 0.2% Westcort [®] Ointment, 0.2%	triamcinolone acetonide hydrocortisone butyrate fluocinolone acetonide betamethasone valerate betamethasone benzoate hydrocortisone valerate hydrocortisone valerate
VI	Aclovate [®] Cream, 0.05% Aclovate [®] Ointment, 0.05% Tridesilon [®] Cream, 0.05%	alclometasone dipropionate alclometasone dipropionate desonide
VII Low Potency	Numerous preparations exist	Dexamethasone, flumethalone, hydrocortisone Methylprednisolone, prednisolone

Additionally, the faculty and audience will share their Tips and Tricks of the Trade.

The following is a list of tips and tricks from participants at previous meetings. The ASCCP does not take responsibility for these recommendations.

Atrophic vagina

Estring[®] helps some patients

Many compounds have irritants in them

Vagisil[®]
Vagicine[®]
Neosporin[®]
Topical Benadryl[®]

Antifungal tips

Nystatin ointment may be soothing to some patients
(FYI...The word nystatin was derived from its place of discovery in the 1950's by Rachel Brown and Elizabeth Hazen in New York State)

Boric acid 600 mg **per vagina** qhs x 14 days, then twice weekly if chronic yeast

http://www.findarticles.com/p/articles/mi_qa4101/is_200401/ai_n9357619

Itch scratch tips

White cotton gloves
At times they won't stay on so they can be taped loosely
White socks over the hand with a very loose rubber band to hold them on may also be helpful.

Steroid tips

If clobetasol is not working, consider writing DAW on the prescription

Behçet's disease can be very difficult to treat. One person has recommended utilizing intralesional or intramuscular triamcinolone acetonide (not more than 40 mg IM q month)

Chronic vaginal discharge and vulvar irritation

Consider aerobic culture in addition to yeast culture

Aloe vera juice for chronic yeast infections

Surgery tips

When utilizing the Bovie, have a plastic syringe that you can attach to the drapes to hold the Bovie in when not in use. Burns have occurred from leaning on a Bovie.

Vaginal Colposcopy tips

Use endocervical speculum to visualize the "dog ears" of the vagina

Vulvar biopsy tips

The injection with lidocaine can be painful. Some people mix the lidocaine with 8.4 mEq of sodium bicarbonate (1 cc bicarb in 9 cc lidocaine)

Sodium Bicarbonate is a "single stick" medication vial as it is labeled "single dose".

There are a variety of ways to perform a vulvar biopsy. Some use Keye's Punch biopsy, others use a Kevorkian biopsy instrument. One person mentioned using a bronchoscopy biopsy forceps for vulvar biopsies. In areas where the tissue is fragile, such as the vestibule, some providers lift the skin with pick ups and cut underneath what is lifted, in cut as an ellipse.

Anus tips

For **anal cytology**- Use Dacron swabs; Moisten them at the tip with tap water and then insert into anal canal.

For patients with irritated anuses, wipe with white flannel squares

Fissure treatments

Mary Kay extra-emollient night cream

Nitroglycerin for fissures

Contraceptives-new thoughts

Patch for birth control

Nuvaring

Vaginal Dilators

Unscented candle sticks (uncolored too). Use end opposite wick.

Good vibrations <http://www.goodvibes.com/>

30 cc syringe covers

Other Tips

- Use Domboro's to dry skin that is too wet
- Consider plant mister for vinegar application during vulvoscopy and colposcopy
- Teach vulvar self examination
 - Show them with a hand held mirror at a 45 degree angle
- Rinse out soaps in clothes more than once

Websites of interest

www.asccp.org

www.issvd.org (many other links listed at this website)

<http://www.med.umich.edu/obgyn/vulva/links.htm>

<http://www.libbyedwardsmd.com/genital.html>