



Information for  
patients and  
carers

**Dermovate<sup>®</sup>**  
**(Clobetasol Propionate 0.05%)**

## What is Dermovate<sup>®</sup> ?

Dermovate<sup>®</sup> is a strong steroid cream or ointment. It is commonly used for vulval skin conditions such as lichen sclerosis or lichen planus.

Women are often concerned about using a steroid cream on their external genitalia. The manufacturers leaflet states it should not be used here however, with your doctor's advice it is perfectly safe and usually very effective.

## How should I use Dermovate<sup>®</sup> ?

Place a pea sized amount on the end of your finger and apply to the affected areas as advised in clinic. Please wash your hands before and after application.

You are usually asked to do this with the following frequency:

- Every night for four weeks, then
- Every other night for four weeks, then
- Twice weekly for at least four weeks

Your doctor will advise you if you should stop at this point or continue with twice weekly applications.

You may be advised to restart or increase your frequency of application if your symptoms return.

A 30g tube should last you at least 2-3 months if you are using it regularly.

When you first start using Dermovate<sup>®</sup> you may experience a burning sensation. This should go within 10 minutes. If the burning is very severe or does not stop after 10 minutes do not use the cream again and inform your doctor.

## Additional Instructions for your vulval care

(Your doctor may use this space to detail any additional advice or personalised care)

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## Contact details

If you have any more questions please discuss these with the doctor or nurse looking after you.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/gynaecology/skin-conditions-of-the-vulva.pdf](http://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/gynaecology/skin-conditions-of-the-vulva.pdf)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

**Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

**Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

**Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

**Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

**Department:** Gynaecology

**Division:** Women and Children

**Production date:** January 2021

**Review date:** January 2024

**JR597 v1**