

DEBUNKING STEROIDS – VULVAR STEROID FAQs

How much steroid should I be using?

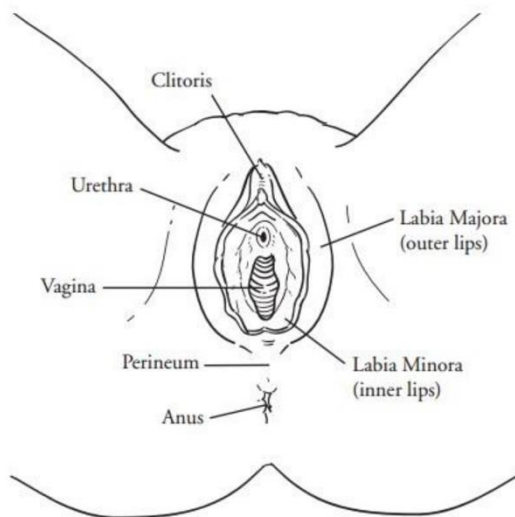
Your physician will have written a dose on your prescription, but typically we advise (FTU). One FTU is the amount expressed from a tube with a 5mm nozzle and distal crease of the index finger to the tip, thus $\frac{1}{2}$ FTU is half that amount. A 30- last you about three months when you begin therapy.



$\frac{1}{2}$ **Fingertip Unit**
applied from the
gram jar should

Where should I apply the steroid?

Apply a thin layer on the affected areas, typically along the inside of the labia minora (smaller lips) and around the introitus (the opening to the vagina). You may need to also apply it to the perineum and around the clitoris, if those areas are involved. See the shaded areas on the diagram below for a representation of your specific application:



Won't the steroid thin my skin?

Your steroid is being prescribed at a dose and regimen specifically designed to treat the active condition on your vulva. Because it's being used to treat an area of active inflammation, if used as prescribed, it will not cause skin thinning and breakdown.

Won't the steroid be absorbed by my hands?

The steroid takes about 20 minutes to be absorbed, so it's very safe to apply with a fingertip and then wash your hands within a few minutes. That way, it will only be absorbed by the areas of your vulva that are being treated!

Will using the steroid affect my immune system?

Topical steroids (steroid creams and ointments) have a very slow and low amount of absorption into the body, and side effects are exceedingly rare. If used correctly, they should not affect your immune system. Therefore, it is safe to continue to use the steroids at the prescribed dose and regimen!

I'm pregnant... Is it safe to use my steroid prescription?

Yes! The total amount absorbed by your body is very low and side effects are rare. It is important to continue using your steroid as prescribed to prevent a flare-up of your vulvar condition. If you have questions or concerns, please don't hesitate to ask your vulvar health physician!