

Lichen Planus

What is it?

Lichen Planus is a condition affecting the tissues inside your mouth, where the gums and insides of the cheeks vary from feeling merely rough to the touch, to extreme sensations such as burning or general soreness.

What causes it and how is it treated?

It is unclear the cause of this disorder, but it is believed to have an autoimmune component. Because of this, steroids are often used to treat the symptoms. It is important to understand that Lichen Planus will not be cured, but can be controlled. There are several things listed below that can make your Lichen Planus worse, and should be avoided or discontinued in order to help resolve your discomfort.

- Foods:
 - Cinnamon (included in chewing gum, tooth paste, soda pop, etc)
 - Acidic foods (pickles, tomatoes, orange juice, wine, etc)
 - Chocolate - Consider food allergy patch testing with Dermatologist.
- Certain food preservatives (benzoates, pyrophosphates) so choose whole and fresh foods - Consider substance allergy patch testing with Dermatologist.
- Amalgam or other dental materials - Consider metal allergy patch testing with Dermatologist.
- Oral care products containing significant flavorings, preservatives or sodium laurel sulfate - Use CloSys, Salivea or Biotene products instead.
- Deficiencies such as B12, Thyroid, Estrogen - Consider blood test with physician to rule out.
- Smoking
- Stress

Sometimes an allergic reaction may be working in the background to make your Lichen Planus worse. An evaluation by your dermatologist will help you to determine if you have an existing allergy, or are developing a new one. Remember, allergies can develop at any time, even if you've never had a problem in the past.

What if it doesn't hurt?

The area should still be monitored for negative changes as the possibility of cancerous transformation is not impossible, although it is rare. Biopsies should be taken every few years in areas where the lesions are persistent or do not resolve with treatment.

Contact Us

If you have any questions, please call us during normal business hours: **425-374-5380**

If it is after hours, you can reach Dr. Nicoara: **206-218-7352**