

Lichen Planus

Lichen planus (**lai-kuhn-play-nuhs**) is a common skin rash with bumps (lesions). It's usually on the legs and wrists or in the mouth, but it can be anywhere. It can also be in 2 places at the same time.

- The rash is not contagious. Your child can't get it from someone or spread it to others.
- The cause of the rash is unknown.

Signs and Symptoms

- Bumps on the body are:
 - Itchy
 - Shiny, flat, and reddish-purple.
 - Clustered together in patches or spread out.
- If the rash is in the mouth, it can:
 - Have white, lacey lines, or bumps.
 - Be painful and burn.

Diagnosis

Your child will have a physical exam. Their doctor or health care provider may also take a small sample (biopsy) of the rash to test.

Treatment

- Lichen planus can go away on its own without treatment, but this may take months to years.
- To relieve skin itching:
 - Put a cool, moist cloth over the rash.
 - The doctor or health care provider may recommend a steroid cream. They will tell you how much to use and when.

- If your child has sore mouth lesions, they should:
 - Avoid drinks and foods that could irritate the mouth, like caffeine, hot spices, citrus (lemon, lime, orange, and pineapple), and mouthwashes with alcohol.
 - Make sure they keep brushing their teeth and go to the dentist regularly.

What to Watch for at Home

- The rash can take months to years to go away with or without treatment. Over time, the color will slowly darken and fade before the lesions disappear.
- It is not common, but lichen planus can come back after it has healed.