

CLINICAL PAPER ONE PAGERS

Our Name of Study: Gengigel – Lichen Planus

- Citation Details:** The efficacy of topical hyaluronic acid in the management of oral lichen planus Nolan A., Badminton J., Maguire J., Seymour RA. J Oral Pathology & Med Vol 38, (3), March 2009, pp299-303
- Design:** Randomised, double-blind, controlled (gel base) trial. N=124 oral lichen planus (OLP) patients. 28 days.
- Measures:** Soreness, oral function, size of erosive/ulcerated area.
- Outcome:** Application of topical HA produced a significant reduction ($P < 0.05$) in soreness scores when compared with placebo for up to 4 h post-application. No difference between treatment groups ($P > 0.05$) with respect to oral function. Patients treated with 0.2% HA showed a significant reduction ($P < 0.05$) in the size of the erosive/ulcerated area after 28 days of treatment when compared with baseline. There was no significant difference in changes in ulcerative areas between treatment groups.
- Bottom Line:** Topical HA (0.2%) does appear to be of some benefit in the management of lichen planus, providing efficacy for up to 4 h after administration. Very frequent applications should be considered to obtain a more significant clinical benefit. Topical HA gel may be a useful addition to the treatment option for OLP.
- Claims supported:** tba
- And Also:** Authors suggest that it should be applied regularly (4 hourly) to manage soreness. Also suggest that use of 0.2% hyaluronan gel may be a good adjunct to powerful immunosuppressant drugs, and may help in reducing the dose / use of these slightly unsafe drugs.
- Oral Lichen Planus:** Chronic inflammatory disease that characteristically presents as white patches or striae (lines) that may affect any oral site but typically with a symmetric and bilateral (both sides!) distribution. The appearance can be variable and the erosive form of the condition may produce oral ulceration. In other words – a moderately rare but long-term disease that shows up as a number of very uncomfortable lesions in the mouth – patients usually female and early middle-age.