

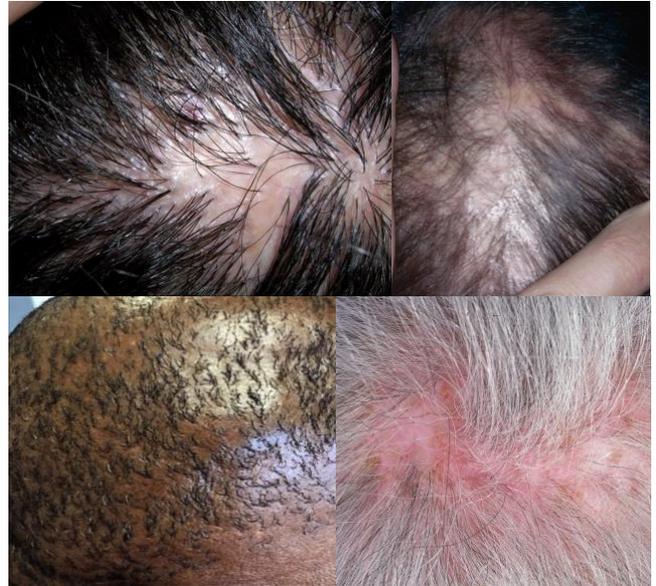
## Patient Information for Lichen Planopilaris (LPP)

### Overview

Lichen planopilaris (LPP) is an uncommon inflammatory scalp disorder that results in scarring (cicatricial) hair loss. It is considered a variant of lichen planus, a chronic inflammatory condition that can affect the skin, hair, nails, and mucous membranes.

The cause of LPP is poorly understood. It is considered to be an autoinflammatory disorder in which immune cells attack antigens (proteins) in the hair follicles. There are 3 clinical variants of LPP. One of the most common variants is frontal fibrosing alopecia (FFA).

Although the trigger of LPP is unknown, infection, metal exposure, stress, and other factors may be the cause. It is a chronic condition that may stabilize or progress over time with therapy.



### Who's At Risk

LPP occurs more often in women, usually between the ages of 40 and 60 years. However, men can still be affected.

### Signs & Symptoms

LPP is characterized by redness (erythema) and scaling around the hair follicles, and permanent hair loss. Symptoms include itching, burning, pain, and tenderness at sites of hair loss. The most common sites of hair loss in LPP are the crown (vertex) and middle (parietal) areas of the scalp.

### Self-Care Guidelines & When to Seek Medical Care

- Avoid chemicals (hair coloring or perming).
- You may wear hair pieces, wigs, or hair powder that does not irritate the scalp

LPP can lead to irreversible hair loss, so it is important to visit a dermatologist if you are experiencing hair loss. The earlier therapy is started, the more success you will have at preventing continual permanent scarring hair loss. Treatment is focused on limiting the progression of the disease. Thus, early diagnosis and treatment are key to maximizing the likelihood of successful treatment. Hair transplantation success is dependent on the degree of scarring. Dr. Ekpo recommends patients with scarring hair loss that want to undergo hair transplantation to also get scalp micropigmentation (SMP), medical scalp tattooing, afterwards in the areas where the grafts are not able to take due to scarring. This will allow for beautiful results and the appearance of fuller hair when done in conjunction after hair transplantation. When you see a board-certified dermatologist, like Dr. Ekpo, you see a doctor who has the training, knowledge, and the expertise necessary to diagnose and treat your hair loss. Dr. Ekpo and her team can discuss a personalized hair restoration plan with you to help achieve your realistic hair goals.