Plasma cell vulvitis (PCV) is a rare chronic inflammatory disorder, where the symptoms can be severe and may affect patient’s quality of life (QOL). Yet, there are currently no evidence-based treatment guidelines. The aim of this systematic review is to evaluate efficacy of individual treatments and to inform future research.

A systematic search was conducted of publication between 1952 and August 2020 via Medline, Embase and Emcare. All publications that evaluated the efficacy of treatments for patients with PCV were included. Forty-seven publications comprising forty-five case reports and case series and two cohort studies were included.

To date, there are no randomised controlled trials (RCT) evaluating the efficacy of different treatment options. There are also no studies that assess the impact of treatment on QOL. Topical corticosteroids (TCS) are the most frequently used first line therapy, with limited evidence to support their efficacy, followed by topical imiquimod and surgical excision. The least supported intervention is cryotherapy. This review highlights the need for standardized outcome measures and randomised clinical trials for more definitive therapeutic recommendations for women with PCV.