

Lichen Striatus

What is lichen striatus?

Lichen striatus is a skin condition that causes a rash that goes away on its own. It looks like a collection of small bumps or flat spots that run up and down a part of the body, usually in a straight or curved line. It is most often found on the arms or legs, but can also happen on the face, neck or body.

The size of the rash varies. Sometimes it is only a few centimeters long or can run the entire length of an arm or leg. The bumps or spots may be scaly. They are often pink or lighter in color than the skin around them.

Over time, the bumps go away and leave an area of skin that looks lighter. This also goes away with time.

What are the symptoms?

For most people, there are no symptoms besides the rash. Sometimes the bumps can be itchy, red or irritated (inflamed).

What causes it?

The cause of lichen striatus is unknown. It happens more often in girls than boys. It is most common among preschool age children, but older children can also be affected.

How is it treated?

Usually, no treatment is needed. If the rash is itchy or appears inflamed, we might recommend using a steroid cream to help with symptoms. Steroid creams do not make the rash go away faster.

Lichen striatus usually goes away on its own in 1 to 2 years. However, for some children it can take longer.

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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