



TREATMENT RECCOMENDATIONS FOR ADULTS

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White Spot Lesions (Decalcifications) and Dental Caries

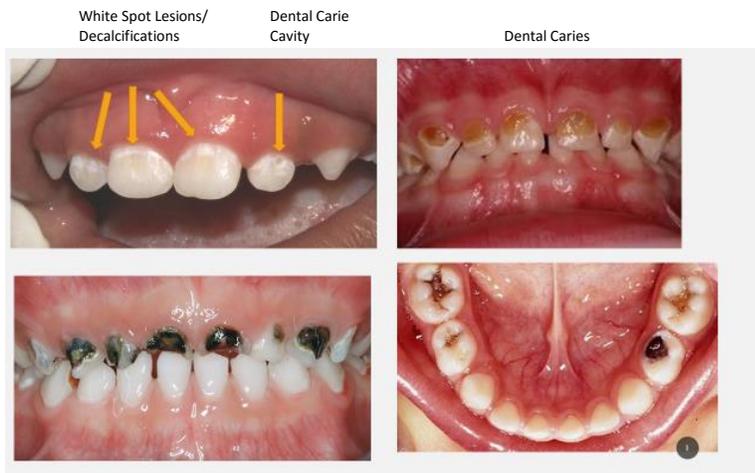


Indications	High Fluoride Toothpaste	Common Brand Names	Treatment	Instruction
Dental cavities or decalcifications (white spot lesions) visible on exam OR within past twelve months per history.	1.1% Sodium fluoride Toothpaste	Prevident 5000 Clinpro 5000	By RX only Supplied as 50 gm tube Spearmint or fruitastic <i>Pregnancy category B</i>	Brush once daily with thin ribbon of toothpaste Adults: expectorate after use and Children 6 to 16: Expectorate and rinse mouth thoroughly after use. Do not eat drink or rinse for 30 minutes after using Continue therapy until caries free X 12 months

Indications	Ingredients	High Fluoride Toothpaste	Treatment	Instruction
Dental cavities OR decalcifications (white spot lesions) visible on exam OR within past twelve months per history.	1.1% sodium fluoride <i>plus</i> : Xylitol pH control technology, hydroxyapatite crystallites (enamel-strengthening substance)	CTx4 gel	Web order by health professional http://carifree.com/dentist/shop/products/ctx4-gel-5000/ctx4-gel-5000.html Supplied as 60 gm tube <i>Pregnancy Category B</i>	Brush twice daily with thin ribbon of toothpaste Adults: expectorate after use, do not eat drink or rinse for 30 minutes after using Children 6 to 16: Expectorate and rinse mouth thoroughly after use. Do not eat drink or rinse for 30 minutes Continue therapy until caries free X 12 months

Indications	Ingredients	High Fluoride Rinse	Treatment	Instruction
Dental cavities OR decalcifications (white spot lesions) visible on exam OR within past twelve months per history.	0.2% sodium fluoride rinse 2% neutral sodium fluoride 0.044% sodium fluoride	PreviDent Rinse DentiCare Pro-Rinse Phos-Flur	By RX only Supplied as 16 oz. Cool Mint Supplied as 2 liter bottle Berry flavored OTC Supplied as 16 oz. Cool Mint Gushing grape Bubblegum <i>Pregnancy Category B</i>	Use the rinse once weekly (usually at bedtime). <i>Use instructions detailed below</i> Use the rinse once daily (usually at bedtime). After brushing teeth, use 10 ml of rinse and swish in mouth vigorously for 1 minute, then spit it out. Do not swallow. Do not eat or drink for 30 minutes after rinsing. <i>Same instructions for use as DentiCare Pro-Rinse</i> Supervise children under 12 years.

Multiple Dental Caries, Gingivitis and Periodontitis



PERIODONTITIS



Indications	Ingredients	Common Brand Names	Treatment	Instruction
<p>Multiple decalcifications (white spot lesions) or dental cavities visible on exam</p> <p>-OR-</p> <p><u>Inflammation of gums that appear swollen, inflamed, bleed easily and are beginning to pull away from the teeth.</u></p>	<p><u>Chlorhexidine gluconate</u></p>	<p>Peridex</p> <p>Periogard</p>	<p>By RX only</p> <p>Chlorhexidine gluconate oral rinse solution: 0.12% concentration .</p> <p>Disp: 16 fluid ounce (473 ml) with 15 ml dispensing cup</p> <p>Sig: Rinse mouth with 15 ml undiluted solution twice daily. Expectorate after rinsing.</p> <p>Primary care may initiate treatment while expedited referral to dentist is made.</p> <p><i>FDA pregnancy category B</i></p>	<p>Rinse mouth with 15 ml (1 Tbsp.) of undiluted chlorhexidine twice daily (morning and evening) for 30 seconds after brushing.</p> <p>Expectorate the chlorhexidine after rinsing. <i>Do not swallow.</i></p> <p>Do not rinse mouth with water or mouthwashes, brush teeth, or eat immediately after using.</p> <p>Teeth will turn brownish with use.</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Multiple decalcifications (white spot lesions) or dental cavities visible on exam	.05% sodium fluoride (rinse A) sodium hydroxide and sodium hypochlorite (rinse B).	CTx4 Treatment rinse	Web order http://carifree.com/patient/shop/ctx4-treatment-rinse.html <i>NO FDA pregnancy category data for sodium hypchlorite: avoid in pregnancy.</i>	Using provided measuring cup combine 5 ml of rinse A with 5 ml of rinse B. Swish the mixed rinse in mouth and between teeth vigorously for one minute. Expectorate rinse after one minute. DO NOT SWALLOW

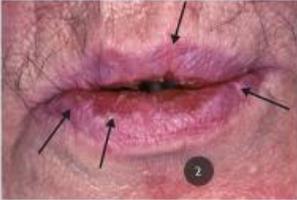
Indications	Ingredients (Rinse)	Common Brand Names	Treatment	Instruction
<p>Tooth decay visible (white spot lesions, or dental cavities visible on exam</p> <p>Decay within the past 12 months;</p> <p>May be useful for those with braces or other appliances</p> <p>Teeth sensitivity to heat and cold.</p>	.05% sodium fluoride	<p>ACT Anticavity Fluoride Rinse</p> <p>Crest Pro-Health</p> <p>The Natural Dentist Healthy Teeth Anticavity Fluoride Rinse</p> <p>See ADA seal of approval products http://www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-products/product-category</p>	Over the counter	<p>Rinse mouth with about 15 ml (1 TBS) of undiluted rinse twice daily after brushing.</p> <p>Expectorate after rinsing</p> <p>Do not eat or drink for 30 minutes after rinsing</p>

Xerostomia

XEROSTOMIA (DRY MOUTH)
(May have any combination of the following symptoms)

- Fissured tongue
- Ropy saliva
- Dry mucous membranes
- Halitosis
- Difficulty chewing, speaking, swallowing
- Angular cheilitis
- Increases risk for caries





Indications	Ingredients	Common Brand Names	Treatment	Instruction
<p>Dry mouth</p> <p>Especially those with decreased saliva flow from medications and head and neck radiation</p>	<p>Propylene Glycol, Xylitol,</p> <p>Hydrogenated Sodium Benzoate,</p> <p>Benzoic Acid, Lactoferrin</p> <p>Aloe VeraGel</p> <p>Calcium Lactate,...</p>	<p>Biotène[®] Moisturizing Mouth Spray,</p> <p>Biotène[®] Oral Balance Gel</p> <p>Products can be viewed at http://www.biotene.com/health-care-professional/dry-mouth-products</p>	<p>Over the counter</p> <p>These products are sprays and gels</p> <p><i>Pregnancy Category N (not rated)</i></p>	<p>Apply (spray or brush on) as needed for dry mouth</p> <p>or</p> <p>regularly two times per day</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
<p>Dry mouth</p> <p>Especially those with decreased saliva flow from medications and head and neck radiation</p> <p>Neutralizes acidic oral conditions</p>	<p>Xylitol Glycerin, Sodium Benzoate, Calcium Hydroxide</p>	<p>Cari-free CTx2 spray</p>	<p>May be ordered by patient from the cari-free web site</p> <p>Supplied in package of four 0.4 ml spray bottles</p> <p>http://carifree.com/patient/shop/products/ctx2-spray-1/ctx2-spray.html</p> <p><i>Pregnancy Category B</i></p>	<p>Use 2-3 sprays in mouth as often as needed to relieve dry mouth and neutralize acids.</p> <p>(Between meals and before bedtime recommended).</p>

Frequent Emesis or Severe Acid Reflux

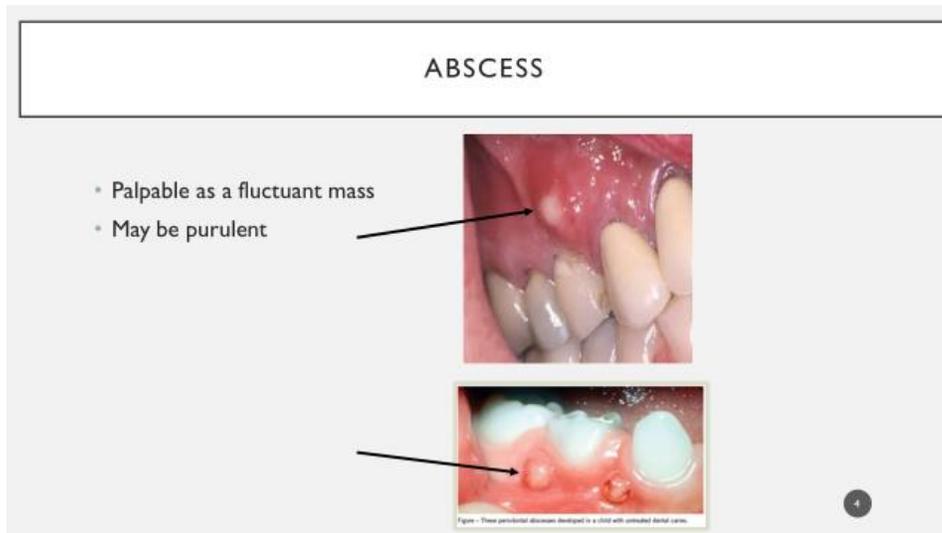


Indications	Ingredients	Common Brand Names	Treatment	Instruction
Frequent vomiting or Acid reflux	Sodium bicarbonate	"Arm and Hammer" Baking Soda	<i>Make at home</i> by mixing 1 tsp of baking soda in 8 ounces of water	Do not brush teeth immediately after vomiting Rinse mouth with baking soda rinse 30 minutes after vomiting, brush with fluoridated toothpaste on a soft toothbrush Fluoride anti-cavity mouthwash may be recommended following brushing.

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Frequent vomiting or Acid reflux	Xylitol Glycerin, Sodium Benzoate, Calcium Hydroxide	CTx2 spray	<p><i>May be ordered by patient from the Cari-free web site</i></p> <p>Supplied in package of four 0.4 ml spray bottles</p> <p>http://carifree.com/patient/shop/products/ctx2-spray-1/ctx2-spray.html</p> <p><i>Pregnancy Category B</i></p>	<p>Do not brush teeth immediately after vomiting</p> <p>Use two to three sprays in mouth as often as needed: after emesis and/or to relieve dry mouth</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Frequent vomiting or Acid reflux	Xylitol, Glycerin, Gum Arabic, Soy Lecithin, Calcium Acetate, Beeswax	<i>CTx2 Xylitol Gum</i>	<p><i>May be ordered by patient from the cari-free web site</i></p> <p>http://carifree.com/patient/ctx2-xylitol-gum-1.html</p> <p>Gum comes in boxes of twenty ten-packs.</p> <p><i>Pregnancy Category B</i></p>	<p>Chew 2 pieces, 3-5 times daily. Recommended after vomiting. meals or when dry mouth/bad breath occurs</p>

Dental Abscess or Oral Infection

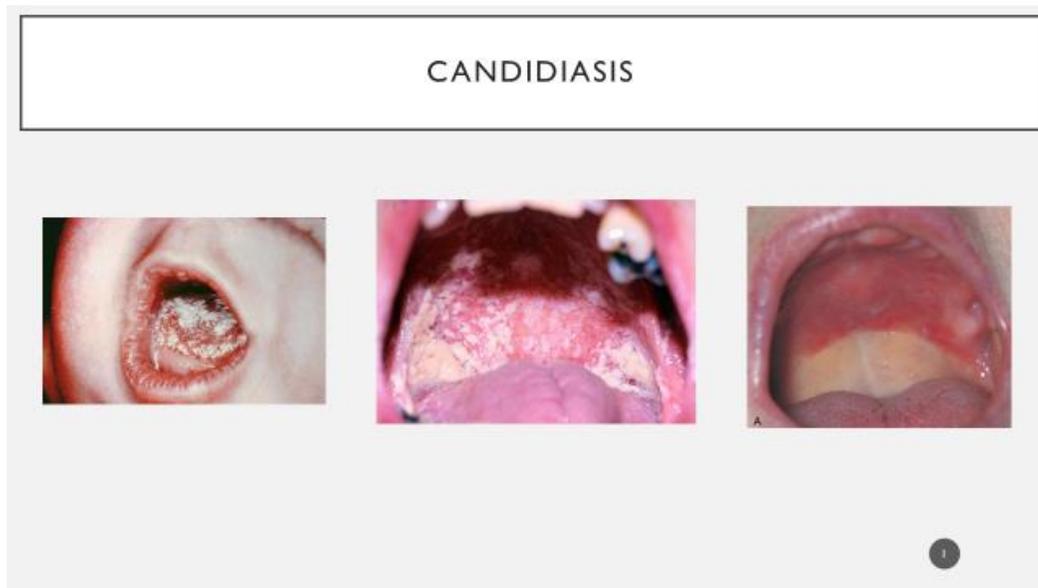


Indications	Ingredients	Common Brand Names	Treatment	Instruction
Dental abscess or other active oral infection.	Penicillin	Penicillin VK	<p>Rx only 500 mg tablets #40</p> <p>Sig: every six hours for ten days</p> <p><i>Treatment may be started in the primary care setting with expedited referral to dental care</i></p> <p><i>Pregnancy Category B</i></p>	<p>Take every six hours for ten days with a full glass of water.</p> <p>Best absorbed on an empty stomach</p> <p>Take all medication in bottle</p> <p>Attend dental appointment before medication is completely gone.</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Dental abscess or other active oral infection	Amoxicillin	Moxatag Amoxil	<p><i>Rx only</i></p> <p>500 mg capsules #20</p> <p>Sig: every twelve hours for ten days.</p> <p><i>Treatment may be started in the primary care setting with expedited referral to dental care</i></p> <p><i>Pregnancy Category B</i></p>	<p>Take every 12 hours for ten days with full glass of water</p> <p>Best absorbed on an empty stomach</p> <p>Take all medication in bottle</p> <p>Attend dental appointment before medication is completely gone.</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Dental abscess or other active oral infection <i>If allergic to penicillin</i>	Clinamycin	Cleocin	<p><i>Rx only</i> - 300 mg #40</p> <p>Sig: every six hours for ten days</p> <p><i>Pregnancy category B</i></p>	<p>Take every six hours for ten days with a full glass of water.</p> <p>Best absorbed on empty stomach</p> <p>Take all medication in bottle</p> <p>Attend dental appointment before medication is completely gone</p>

Oral Candidiasis



Indications	Ingredients	Common Brand Names	Treatment	Instruction
Oral <i>Candida</i> infection	Clotrimazole	Mycelex	<p><i>Rx only</i> Clotrimazole (10 mg) troches/lozenges</p> <p>Disp: # 70</p> <p>Sig: Suck one lozenge five times per day for fourteen days</p> <p>(see patient to evaluate response and need for refill; duration should be twice as long as it takes clinical signs and symptoms to resolve)</p> <p><i>Pregnancy category B</i></p>	<p>Suck on troche/lozenge five times per day.</p> <p>Suck on troche/lozenge until dissolved in mouth;</p> <p>Do not chew or swallow prior to dissolving.</p> <p>Continue taking until supply is finished.</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Oral <i>Candida</i> infection	Nystatin	Bio-statin	<p><i>Rx only</i></p> <p>Nystatin suspension (1:100,000 U/mL)</p> <p>Disp: 280 ml</p> <p>Sig: 5 mL oral solution four times per day X 14 days. Place half on the dose in each side of mouth; retain in mouth as long as possible before swallowing.</p> <p>See patient to evaluate response and need for refill; treatment duration should continue forty eight hours after oral symptoms resolve and cultures demonstrate eradication.</p> <p><i>Pregnancy Category A</i></p>	<p>Place half the dose in each side of mouth;</p> <p>Retain in the mouth as long as possible before swallowing</p>

Indications	Ingredients	Common Brand Names	Treatment	Instruction
<p>Severe Oral <i>Candida</i> infection</p> <p>OR</p> <p>Oral <i>Candida</i> unresolved by topical treatments above</p>	Fluconazole	Diflucan	<p><i>Rx only</i></p> <p>Fluconazole 100 mg</p> <p>Disp: #15</p> <p>Sig: 200 mg initial dose followed by 100 mg once daily by mouth for 2 weeks.</p> <p><i>Pregnancy Category D; no restriction on use during lactation</i></p>	Continue taking until full supply is finished

Angular Cheilitis



Red swollen patches and/or fissures in the corners of the mouth where upper and lower lips meet to make an angle. Common in people with Xerostomia.

Indications	Ingredients	Common Brand Names	Treatment	Instruction
Angular Cheilitis	Nystatin Triamcinolone	None	<p>RX only</p> <p>Topical: Nystatin and Triamcinolone Acetonide (100,000 u/g and 0.1% triamcinolone acetonide) Disp: 30 gm Sig: Apply locally QID X 10 – 14 days</p> <p><i>Pregnancy Category C; use with caution during breastfeeding</i></p>	Apply to affected are three or four times per day for ten to fourteen days
	Fluconazole	Diflucan	<p>Systemic: Fluconazole 100 mg tablets Disp: 100 mg Tablets # 14 Sig: 100 mg daily X 14 days or until resolved</p> <p><i>Pregnancy Category D; no restriction on use during lactation.</i></p>	Take orally once daily for at least fourteen days or until resolved.

Intra- and Extra- Oral Herpes Lesions

HERPES SIMPLEX A.K.A. COLD SORE OR FEVER BLISTER

- Stimuli that trigger viral replication = clinical lesions:
 - Stress
 - Sunlight
 - Hormonal changes
 - Fatigue
 - Fever



Herpes Labialis

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Indications	Ingredients	Common Brand Names	Treatment	Instruction
Herpes labialis	Docosanol 10% cream	Abreva	TOPICAL (Herpes labialis only) OTC – > 12 years	Apply a thin layer to lesions up to 5 times a day for up to 10 days
	Acyclovir cream 5%		Rx – > 12 years	Apply a thin layer to lesions up to 6 times a day for up to 7 days
	Acyclovir 5%/Hydrocortisone 1% cream		Rx – > 12 years	Apply a thin layer to lesions up to 6 times a day for up to 7 days
	Penciclovir 1% cream	Xerese	Rx – > 12 years	Apply a thin layer to lesions every 2 hours while awake for 4 days
	Viscous Lidocaine 2% Gel		RX SYSTEMIC (Herpes Labialis and Stomatitis)	

HHV: PRIMARY HERPETIC GINGIVOSTOMATITIS

- Initial infection with herpes simplex virus
 - Herpes is found on Keratinized tissue
- Children between 6 mos. and 6 yrs.
- S/S:
 - Fever
 - Malaise
 - Cervical lymphadenopathy
 - Painful, erythematous swollen gingiva
 - Multiple tiny clusters of vesicles on perioral skin, vermilion border of lips, and oral mucosa
 - Vesicles progress to ulcers



Indications	Ingredients	Common Brand Names	Treatment	Instruction
Herpetic gingivostomatitis	<p>A combination of Benadryl liquid 12.5/5ml/Kaopectate/Lidocaine 2% soln. (mix 1/3, 1/3, 1/3) Disp. 8oz. (This mix can vary among different pharmacies)</p> <p>Famcyclovir</p> <p>Valacyclovir</p> <p>Acyclovir</p>	“Magic Mouth solution”	<p>Topical (Herpes Gingivostomatitis) Apply to lesion with Q-tip ac and HS</p> <p>Rx - Rinse with 5-10 ml for 2 minutes every 2 hours and expectorate.</p> <p><u>Recurrent</u> 1500mg as a single dose at first sign or symptom of infection</p> <p>2gm/2 doses, 12 hours apart for 1 day</p> <p>Systemic Acyclovir (not FDA approved) 400mg tablets/3 x per day/5 days OR 800mg tablets/2 x per day/5 days</p> <p><i>Pregnancy - Category B; acceptable during lactation</i></p> <p><u>Chronic Suppressive Therapy</u> Acyclovir (not FDA approved) 400mg tablets/2 x per day Valacyclovir 500 my once per day</p>	<p>Use until pain has resolved.</p> <p>Use until pain has resolved.</p> <p>Chronic suppressive therapy is indicated with at least four to six episodes within twelve months.</p>

Aphthous Ulcers

Aphthous Ulcers: NON-Keratinized tissue

- Buccal and labial mucosa
- Soft palate



Indications	Ingredients	Common Brand Names	Treatment	Instruction
Aphthous Ulcers	<p>Viscous Lidocaine 2% Gel – apply to lesion with Q-tip ac and HS</p> <p>A combination of Benadryl liquid 12.5/5ml/Kaopectate/ Lidocaine 2% soln. (mix 1/3, 1/3, 1/3) Disp. 8oz. (This mix can vary among different pharmacies)</p> <p>Betamethasone 0.1% ointment 45 g tube</p> <p>Decadron elixir 0.5mg/5ml Disp. 300 ml</p>	“Magic Mouth solution”	<p><u>For pain management</u> Rx – Apply to lesion with Q-tip ac and HS</p> <p>Rx - Rinse with 5-10 ml for 2 minutes every 2 hours and expectorate.</p> <p><u>For pain management and inflammation</u> Rx – > 12 years – Apply a small amount with a Q-tip to affected area 3-4 times/day</p> <p>Rx – > 12 years – Rinse with 5 ml for 2 minutes up to 4 times/day and expectorate</p>	<p>Use until pain has resolved.</p>

**APHTHOUS ULCERS - A.K.A. CANKER SORES
NON-KERATINIZED TISSUE**

- Very common (20%)
- More prevalent in females
- S/S:
 - Yellow-white center
 - Red halo
 - Clusters or single lesion
 - Painful
- Associated with:
 - Trauma
 - Dental TX
 - Acidic, citrus foods
 - Hormonal changes
 - Stress



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Indications	Ingredients	Common Brand Names	Treatment	Instruction
Major aphthous ulcers – multiple coalesced ulcerations	Prednisone		<p>Rx – > 12 years – 5mg, 5 tablets PO every morning x 5 days, then 5 tablets in the morning every other day until complete. #40 tabs</p> <p style="text-align: center;">-OR-</p> <p>Rx – > 12 years – 10 mg, 4 tablets PO every morning x 5 days, then decrease by 1 tablet on each successive series of 5 days. #50 tabs</p>	Complete medication



TREATMENT RECCOMENDATIONS FOR CHILDREN

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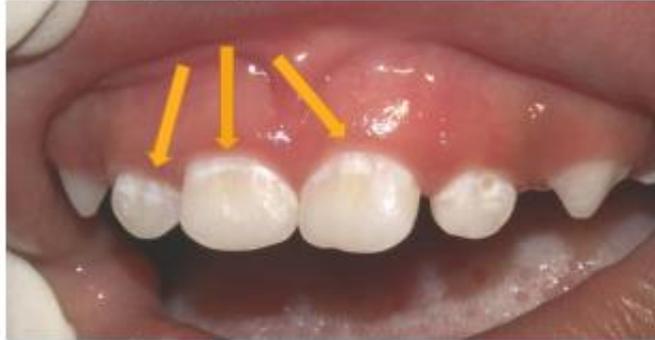
Fluoride Varnish



Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Preventive application to strengthen tooth enamel and reduce tooth decay.	Fluoride Varnish - 5% Sodium fluoride in colophony resin base	Fluoridex Flor-Opal Fluorilaq	Must be applied by a health professional; however does not require a prescription. Usually supplied for medical office as 0.25 ml unit dose with applicator.	Apply two to four times per year in children. (HCPs will get paid by Medicaid for 2 applications/year) Paint varnish on all teeth surfaces emphasizing gum line. Do not brush teeth until the next day. Avoid hot foods/fluids as they can melt the varnish.

White Spot Lesions (Decalcifications)

White Spot Lesions/ Decalcifications



Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Preventive care White spot lesions or dental caries present or repaired.	Fluoride Rinse - 0.02 to 0.05% Sodium fluoride:	ACT Kids Anticavity Flouride Rinse (0.05%) Inspector Hector Tooth Protector Anticavity Fluoride Rinse (0.05%) Kids Crest Anticavity rinse (0.02%) Listerine Smart Rinse (0.022%)	Over the Counter	<i>Children must be able to spit product out and should be supervised to assure correct use.</i> Vigorously swish in mouth X 1 minute and then spit out. Do not swallow rinse. Do not eat or drink for 30 minutes after rinsing.

Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
<p>Fluoride Supplementation needed for 6 months of age and older</p> <p>For drinking water that is deficient in fluoride</p>	<p>Sodium Fluoride 0.55mg 1.1mg 2.2mg</p>	<p><u>Fluoride Drops for infants</u> Fluorabon drops Fluor-A- Day drops Flura-drops</p> <p>OR</p> <p><u>Fluoride Chewables for children</u> Fluor-A-Day Fluoritab Kardium</p>	<p>Dietary oral fluoride supplement dosage based on child's age and water fluoride concentration</p> <p>Fluoride Drops 1mg fluoride/8 drops</p> <p><u>6 months – 3 years</u> Water Fluoride Concentration/Dosage of Fluoride <0.3 ppm / 0.25mg (2 drops) 0.3-0.6 ppm / None >0.6 ppm / None</p> <p><u>3 years – 6 years</u> Water Fluoride Concentration/Dosage <0.3 ppm / 0.50 mg (4 drops OR 1 – 1.1 mg tab) 0.3-0.6 ppm / 0.25mg (2 drops) >0.6 ppm / None</p> <p><u>>6 years</u> Water Fluoride Concentration/Dosage <0.3 ppm / 1.00 mg (8 drops OR 1- 2.2mg tab) 0.3-0.6 ppm / 0.50 mg (4 drops OR 1 – 1.1 mg tab) >0.6 ppm / None</p> <p>OR</p> <p>Fluoride Chewables 1.1mg=0.5mg/fluoride 2.2 mg =1.0mg fluoride</p>	<p>Dairy products should be avoided within 1 hour of administration.</p> <p>May mix drops in water or non-dairy food.</p> <p>Do NOT exceed recommended doses. Keep out of reach of children. Excessive doses can result in dental fluorosis.</p>

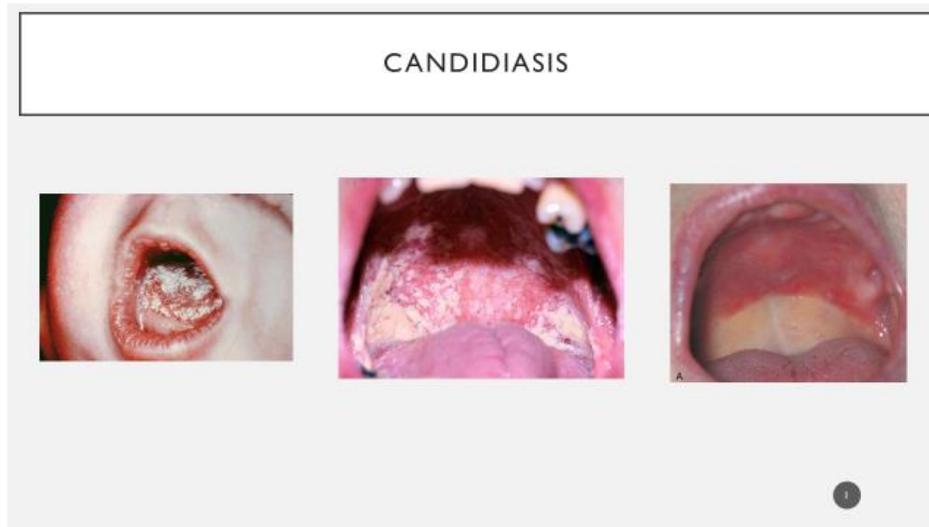
Dental Abscesses or Localized Cellulitis



Figure – These periodontal abscesses developed in a child with untreated dental caries.

Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Dental Abscesses Localized cellulitis		Penicillin VK Amoxicillin	Penicillin VK, 25-50mg/kg/day, QID x 10 Amoxicillin, 35-50mg/kg/day, TID x 10 For those with Penicillin allergy: Clindamycin, 10-25mg/kg/day, TID x 10	Complete the antibiotic and see a dentist within 14 days
	Acetaminophen	Tylenol	10-15mg/kg/dose every 4-6 hours PRN/pain Max. dose 90mg/kg/24 hours ≥ 12 years old – use adult dosing	Supplied as liquid, tablet, oral disintegrating tabs or rectal suppositories.
	Ibuprofen	Advil	4-10 mg/kg/dose every 6-8 hours PRN/pain Max. dose 40mg/kg/24 hours ≥ 12 years old – use adult dosing Max. dose 1.2g/24 hour	

Oral Candidiasis



Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Oral Candidiasis		Nystatin (100,000u/ml) Nystatin (100,000u/ml) Oral miconazole topical gel <u>Recalcitrant cases</u> Fluconazole (oral)	Neonates up to 1 month of age - 0.5ml to each side of the mouth, QID Infants – 1 ml to each side of the mouth, QID Children able to swish/swallow – 4-6ml, QID >14 days, initial dose 6mg/kg x 1 day, then 3mg/kg, once daily x 7-14 days	May use 4 times a day between feeds Swish and swallow, continue 48 hours after symptoms resolve

Intra- and Extraoral Herpes Lesions

HHV: PRIMARY HERPETIC GINGIVOSTOMATITIS

- Initial infection with herpes simplex virus
 - Herpes is found on Keratinized tissue
- Children between 6 mos. and 6 yrs.
- S/S:
 - Fever
 - Malaise
 - Cervical lymphadenopathy
 - Painful, erythematous swollen gingiva
 - Multiple tiny clusters of vesicles on perioral skin, vermillion border of lips, and oral mucosa
 - Vesicles progress to ulcers



HERPES SIMPLEX A.K.A. COLD SORE OR FEVER BLISTER

- Stimuli that trigger viral replication = clinical lesions:
 - Stress
 - Sunlight
 - Hormonal changes
 - Fatigue
 - Fever



Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Herpes labialis and Herpetic gingivostomatitis	Viscous Lidocaine 2% Gel –preferred treatment for ages 2 and above Acyclovir		Rx – TOPICAL Apply to lesion with Q-tip ac and HS Rx - SYSTEMIC (Systemic agents are not FDA approved for use.) Suspension 200mg/5ml, 15mg/kg 5 times a day for 7 days; Max. 200mg per dose <u>Immunocompromised children</u> 1000mg/day in 3-5 divided doses for 7-14 days Max. 80mg/kg/day	Use until pain has resolved. Maintain adequate hydration to prevent renal impairment. Use with caution in patients with impaired renal function.
Recurrent Herpes labialis in Children \geq 12 years	Valacyclovir		SYSTEMIC <u>Recurrent</u> 2gm/2 doses, 12 hours apart for 1 day <i>Pregnancy - Category B</i>	

Aphthous Ulcers

Aphthous Ulcers: NON-Keratinized tissue

- Buccal and labial mucosa
- Soft palate



Indications	Ingredients	Common Brand Names <i>Not exhaustive nor particularly recommended</i>	Treatment	Instruction
Aphthous Ulcers	<p>Viscous Lidocaine 2% Gel – preferred treatment for ages 2 and above</p> <p>A combination of Benadryl liquid 12.5/5ml/Kaopectate/Lidocaine viscous (mix 1/3, 1/3, 1/3) Disp. 8oz. (Pharmacies have different combinations of “magic mouth”)</p>	“Magic Mouth solution”	<p><u>For pain management</u> Apply to lesion with Q-tip ac and HS</p> <p>Rx - Rinse with 5-10 ml every 2 hours and expectorate.</p>	<p>Use until pain has resolved.</p> <p>Use PRN or until pain has resolved with children who can expectorate.</p>