

# Cold Sores

## What are Cold Sores

Cold Sores are a very common infection caused by the herpes simplex virus. The virus may cause painful sores on your lips, gums, tongue, roof of your mouth, and inside your cheeks. It also can cause symptoms such as fever and muscle aches. People contract cold sores by touching infected saliva, mucous membranes, or skin. Because the virus is highly contagious, most people have been infected by at least one subtype before adulthood.

## Stages of Infection

After the virus infects you, it has a rather unique ability to proceed to 3 stages.

Primary Infection: The virus enters your skin or mucous membrane and reproduces. During this stage, oral lesions and other symptoms, such as fever, may develop.

The virus may not cause any sores and symptoms, and you may not know that you have it. This is called asymptomatic infection. Asymptomatic infection occurs twice as often as the disease with symptoms.

Latency: From the infected site, the virus moves to a mass of nervous tissue where the virus reproduces again and becomes inactive.

Recurrence: When you encounter certain stresses, the virus may reactivate and cause new sores and symptoms.

## Treatment

**\*\*\*YOU MUST HAVE READY TO USE AT FIRST SIGN OF INFECTION\*\*\***

1. Zovirax Ointment (Prescription)
2. Acyclovir 200mg (Prescription)
3. Hydrocortisone 1% (OTC)

### **10 Day Treatment Regimen**

**At first sign of infection** (Tingling, numbness, pain): *Take 4 capsules of Acyclovir and apply Zovirax and Hydrocortisone.*

**Day 1-2:** *4 Capsules of Acyclovir every 6 hours, use Zovirax and Hydrocortisone as directed.*

**Day 3-4:** *3 capsules of Acyclovir every 6 hours, use Zovirax and Hydrocortisone as directed.*

**Day 5-6:** *2 capsules of Acyclovir every 6 hours, use Zovirax and Hydrocortisone as directed.*

**Day 7-10:** *Zovirax and Hydrocortisone only- as directed.*