**COLD SORE (HERPES LABIALIS)**

**Patient Information**
- Is the patient immunocompromised due to medications or a condition?
  - **YES** REFER
  - **NO**

**Review of symptoms**
- Is any of the following true?
  - Fever, swollen glands, other systemic symptoms
  - Lesion duration > 14 days
  - Lesion on or around nose, or ocular involvement
  - More than 6 episodes per year
  - Lesion does not completely heal between episodes
  - Lesion excessively red, swollen, or contains pus
  - Unable to confirm patient diagnosis

**Follow-up in 7 days**

**Lesion present?**
1) For symptomatic relief:
   - Non-pharmacologic methods
   - Docosanol (Abreva®)
   - Local anesthetics and/or protectants
   - Zinc and heparin (Lipactin®)

2) Consider prescribing oral antiviral for next episode

**Prodromal symptoms?**
Prescribe oral antiviral (>12 years old):
- Acyclovir 400mg five times daily for 5 days
- Valacyclovir 2g BID x two doses
- Famciclovir 750mg BID x two doses, OR 1500mg for one dose
- Acyclovir 5% / Hydrocortisone 1% applied 5 times per day for 5 days

2 - 12 years old:
- Acyclovir 15mg/kg (max 200mg) 5 times per day for 5 days

**Prophylaxis for anticipated exposure to a trigger?**
Prescribe acyclovir 400mg BID starting 12 hours prior to and for duration of exposure

- Counsel on prevention
- Consider providing a supply of antivirals to promptly treat future episodes

**Response**
- Follow-up in 7 days
  - **RESPONSE**
  - **NO RESPONSE** REFER