

***THERAPEUTIC REGIMENS FOR SELECTED ORAL
MUCOSAL DISEASES***

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Herpetic Ulcerations

Docosanol (Abreva) 10% cream

Non prescription product that comes in a 2 gram tube. A thin amount is applied to the affected area five times a day.

Valacyclovir (Valtrex) 1000 mg tablets

Disp: 2

Sig: Take one tablet in prodrome and one tablet 6-8 hours later if there is still tingling (most of time one tablet is sufficient).

Prophylactic OTC: L-lysine 500 mg tablets (Take one (1) tablet daily; at start of outbreak take ten (10) tablets through outbreak; then go back to one tablet daily

Aphthous Ulcerations

Fluocinonide (Lidex) .05% gel

Disp: 15 or 30 gm tube

Sig: Apply a thin amount up to 3 times daily. (Ignore external use only)

Cautery: Debacterol, Silver Nitrate Sticks, Tincture of Benzoin

Lichen Planus

Clobetasol propionate 0.05% gel (Temovate)

Disp: 30 gram tube

Sig: Apply to affected area bid (Ignore external use only)

Dexamethasone elixir 0.5mg/5ml

Disp: 12oz

Sign: Rinse and expectorate bid

Tacrolimus 0.1% ointment (Protopic)

Disp: 30 gram tube
Sig: Apply to affected area bid

Recalcitrant Lichen Planus

Hydroxychloroquine (Plaquenil) 200mg tablets
Disp: 60 tablets
Sig: Take one tablet by mouth bid

Erythema Multiforme

Medrol dose pack (Prednisone tabs of 4 mg each)
Dispense: 1 pack (Contains 15 tabs)
Sig: Use as directed – 5, 4, 3, 2, 1 for 5 days

Prednisone 20 mg tablets (Under 130 lbs dispense 30 ten mg tablets and use 40 mg/day in am with food for 3 days followed by 30, 20, & 10 mg in the morning with food for 3 days each.)

Disp: 24

Sig: Take three tablets (60 mg) in morning with food for four days;
Followed by 2 tablets (40 mg) in the morning with food for four days; then one tablet (20 mg) in the morning with food for four days. (Consider anti-fungal prophylaxis)

Prophylactic: Valacyclovir 500mg tablets
Disp: 30 tablets
Sig: Take one qd

Candida Infections

Clotrimazole (Mycelex) 10mg troche
Disp: 70
Sig: Dissolve in mouth one troche up to five times a day for fourteen days

Nystatin Oral Suspension 100,000U/mL
Disp: 240mL
Sig: Rinse and expectorate qid

Fluconazole (Diflucan) 100mg
Disp: 28 tablets
Sig: 100-200mg daily for 7-14 days

Angular Cheilitis

Dermazene topical cream (Iodoquinol and hydrocortisone)
Disp: 15 g tube
Sig: Rub into affected areas t.i.d until healing occurs

Lotrisone topical cream (Clotrimazole and betasmethasone dipropionate)
Disp: 15 g tube

Sig: Rub into affected areas t.i.d until healing occurs

Mycolog II topical cream (Nystatin 100,000 units/ gram and triamcinolone 0.1%)

Disp: 15 g tube

Sig: Rub into affected area t.i.d until healing occurs

Xerostomia

Pilocarpine (Salagen) 5 mg tablets

Disp: 150-180 tablets

Sig: one 5-6 times a day

Cevimeline HCL 30mg mg capsules

Disp: 90

Sig: one TID (Do not take with uncontrolled asthma, acute iritis, or narrow angle glaucoma)

OTC: Biotene products, Moisyn oral rinse and spray, Oral balance gel, xylitol lozenges, lanolin for lips, PreviDent 5000 dry mouth (Colgate)

Xerostomia therapy

1. Sip water throughout the day
2. Suck on ice (do not chew)
3. Discontinue alcohol (including mouthwashes), caffeine and sodas
4. Humidify sleeping area (cool mist vaporizer)
5. Lubricate lips (lanolin, Lansinoh)
6. Fluoride supplementation
7. Act dry mouth lozenges, Biotene products, Oral Balance Gel, Optimoist, Spry Mints, XyliMelts, etc.

Pain

Lidocaine (Xylocaine) viscous 2%

Disp 4 oz.

Sig : Apply to affected area q4h prn pain

Lidocaine Ointment 5%

Disp : 30 gram tube

Sig : Apply a thin amount to dried oral mucosa up to four times a day

Magic Mouthwash (1 part viscous lidocaine 2% + 1 part Maalox + 1 part diphenhydramine 12.5 mg per 5 ml elixir)

Disp : 240 ml bottle

Sig : Rinse and expectorate 5 ml prn - up to 4 times/day