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

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Herpetic Infections

1. Acyclovir 5% cream or ointment (Zovirax)
Disp: 3 or 15 gm tube
Sig: Apply to affected area six (6) times a day.
2. Acyclovir (Zovirax) 200 mg. capsules
Disp: 38 capsules
Sig: Three (3) stat, then one (1) capsule five times a day.
3. Acyclovir 5% ointment with Dyclonine HCl 1% or Lidocaine 1%
Compound
Sig: Apply to affected area q2h (start applying prodromal stage)
4. Citrus Bioflavonoids and Ascorbic Acid tablets 400 mg. (Peridin-C)
Disp: 20
Sig: Take two (2) tablets stat, then one tablet qid for 3-4 days (non-Rx).
5. 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.
6. Famciclovir (Famvir) 125 mg tablets
Disp: 10 tablets
Sig: Take one tablet bid for five days.
7. Penciclovir 1% (Denavir) Cream
Disp: 2 gm tube

Sig: Apply a thin amount to affected area q2h during waking hours for a period of 4 days. Treatment should begin as early as possible (i.e., during prodrome or when lesions appear).

8. Valacyclovir (Valtrex) 500 mg tablets
Disp: 8 tablets
Sig: Take four tablets in prodrome and four tablets 12 hours later
9. Miscellaneous:
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)

Chronic Vesicular and Ulcerative Diseases (Chronic Aphthous Ulcers/ Lichen Planus etc.)

1. Betamethasone (Celestone) Syrup
Disp: 8 oz
Sig: One (1) tsp qid. Gargle for as long as possible and expectorate.
2. Betamethasone dipropionate (Diprolene) gel 0.05%
Disp: 15 gram tube
Sig: Apply a thin amount to affected area tid.
3. Clobetasol propionate .05% gel (Temovate)
Disp: 15 or 30 gram tube
Sig: Apply a thin amount to affected area bid.
4. Dexamethasone elixir .5 mg/5 ml
Disp: 12-16 oz.
Sig: Rinse with 1 tsp. for 2 minutes bid-qid and expectorate.
5. Dexamethasone Sodium Phosphate with Lidocaine HCl for intralesional injection
Sig: .4 to .8 mg below base of lesion (.1 to .2 ml).
6. Fluocinonide (Lidex) .05% gel
Disp: 15 or 30 gm tube
Sig: Apply a thin amount 3-4 times daily.
7. Formulated 2-octyl cyanoacrylate (Colgate Orabase Sooth-N-Seal)
Use as directed. This forms a long lasting oral barrier that stays in place up to six hours.
8. Halobetasol propionate (Ultravate) .05% ointment
Disp: 15 gm tube
Sig: Apply a thin amount to affected area bid.

9. Lactinex tablets (non prescription item that can be purchased in bottles of 55)
Chew up and swallow with milk.
Take 4 tablets qid for 4 days, then 3 tablets qid for 4 days, 2 tablets qid for 4 days, 1 tablet qid for 4 days and 1 tablet qd for 10 days. (If you feel an ulcer coming out chew up two tablets 3 times a day for the 1st day and then 1 tablet daily for 7 to 10 days or until symptoms are gone).
10. 12. Prednisone Syrup (Prelone) 15 mg/5 ml
Disp: 8 oz
Sig: One (1) tsp qid. Gargle for as long as possible and expectorate.
11. 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.
12. Tracrolimus (Protopic) 0.1% ointment
Disp: 30 gram tube
Sig: Apply a thin layer to the affected area and rub in gently tid.
13. Triamcinolone Acetonide Suspension (Kenalog 10 or 40)
For intralesional injection
Sig: Inject 0.1-0.4 ml below base of lesion (I have also found it useful to use 0.1 ml of 2% viscous lidocaine with 1:100K epi, drawing this into the same syringe as the Kenalog)

Candida Infections

1. Clotrimazole troche (Mycelex) 10 mg
Disp: 50
Sig: One (1) troche five (5) times a day (let dissolve in mouth).
2. Fluconazole (Diflucan) 150 mg
Disp: 2 tablets
Sig: Take one tablet now and one tablet in five days
3. Ketoconazole (Nizoral) tablets 200 mg
Disp: 8 tablets
Sig: Take one (1) tablet with breakfast.
4. Nystatin (Mycostatin) Oral Suspension (100,000 u/ml)

Disp: 240ml

Sig: Take 5 ml, hold in mouth for 2 minutes and swallow qid.

Angular Cheilitis

1. Hydrocortisone-iodoquinol (Vytone) cream 1%
Disp: 30 gm tube
Sig: Apply to affected area qid.
2. Nystatin ointment (at times mixed with a topical steroid ointment)
Disp: 15 gm tube
Sig: Apply to lesion qid until healing occurs.
3. Triamcinolone 0.1% and Nystatin 100,000 units/gram cream or ointment (Mycolog II)
Disp: 15 gram tube
Sig: Apply tid until healing occurs.

Xerostomia

1. Biotene toothpaste and mouthwash
2. Cevimeline HCL 30mg mg capsules
Disp: 90
Sig: one TID (Do not take with uncontrolled asthma, acute iritis, or narrow angle glaucoma)
3. Crest Pro-Health Rinse (non alcohol containing rinse)
4. Mouth Kote Oral Moisturizer 2 oz. and 8 oz. spray bottles
“Mucopolysaccharides from Yerba Santa plant”
Parnell Pharmaceuticals
5. Neutral Sodium Floride (NaF) gel
Disp: 24 ml
Sig: Following evening brushing and flossing, place 4-8 drops of gel in the applicator and wear for six minutes. Spit out. Do not swallow the gel.
Do not eat, drink or rinse mouth for 30 minutes.
6. PreviDent Booster (Colgate) toothpaste
Sig: After brushing, flossing and rinsing, apply qhs or bid.
Do not eat, drink or rinse mouth for 30 minutes.

7. Oral balance gel and spray
Disp: 1.5 oz (tube) or spray bottle
Sig: Apply to mouth PRN (gel great at night).
8. Pilocarpine (Salagen) 5 mg tablets
Disp: 90 tablets
Sig: one TID

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

Mouth Rinses

1. Alkaline saline (Salt/Bicarbonate) mouth rinse
Disp: Mix 1/2 tsp each of salt and baking soda in glass of H₂O.
Sig: Rinse with copious amounts qid.
2. Chlorhexidine gluconate 0.12%
(Antiplaque for treatment of gingivitis. This is to be used as an adjunct to regular periodontal therapy).
Disp: 3 x 16 oz.
Sig: Rinse and expectorate 1/2 oz. for 30 seconds bid.
3. Diphenhydramine, (Benadryl) elixir 12.5 mg/5 ml with Maalox
Disp: Equal amounts of each
Sig: Rinse with 1-2 tsp q2h (especially before meals) and expectorate.
Refrigerate
4. Dyclonine HCl (Dyclone) 0.5%
Disp: 4 oz.
Sig: One (1) tsp qid. Rinse as long as possible and expectorate. This is best to use prior to meals.
5. Lidocaine (Xylocaine) viscous 2%
Disp 8 oz.

Sig : Either apply to affected area or gargle with one (1) tsp q4h prn pain and expectorate

6. Lidocaine Ointment 5%

Disp : 30 gram tube

Sig : Apply a thin amount to dried oral mucosa

7. Rincinol P.R.N. Dose Pack

OTC: 6 individual dose packs (0.33oz) or 4 oz bottle.

Sig: One (1) tsp qid. Rinse as long as possible and expectorate

8. Sucralfate (Carafate) Suspension 1 gram/10 ml

Disp: 8 oz.

SIG: Gargle for as long as possible and expectorate (or swallow if pharyngeal ulcerations).

Patients may also prepare a slurry using the oral tablets by placing one 1 gram tablet in approximately 15 to 30 ml of water. Tablet disintegrates rapidly in water. Patients may also form a paste by mixing an individual tablet daily with a topical anesthetic (lidocaine or dyclonine) and apply directly to individual ulcerations.

9. Ulcerease (OTC)

This product is alcohol free and comes in 180 ml bottle. Gargle for 15 seconds and expectorate every two hours or as needed.

Burning Mouth Syndrome

1. Lubrication
2. Candidiasis treatment
3. Nutritional treatment (B12, Folate, Iron and Zinc)
4. Diabetic Control
5. Eliminate triclosan/tarter control products
6. Switch hypertensive medication if on ACE-inhibitor
7. Clonazepan .5mg tablet. Start with half a .5mg tablet bid and slowly increasing to 1mg bid. (off label usage). ½ tab dissolved in mouth bid.
8. Amitriptyline
9. Alpha Lipoic Acid
10. Capsaicin