

## Cold Sore Policy

A cold sore is a virus caused by the herpes simplex virus (HPV). Cold sores are highly contagious and have the risk of spreading to other parts of the body. If you suffer with cold sores, you will continue to be at risk from getting them. The virus lays dormant in your nerves.

Triggers of reactivating the virus are different from person to person. Commonly seen during times of stress, feeling run down, cold, or hot weather outside.

Unfortunately, I am unable to treat anyone with a cold sore.

During dental treatment there is risk of spreading the virus and serious complications of meningitis or blindness if the virus enters the eye or the brain.

Please cancel & reschedule your appointment if a cold sore is present on the day of your appointment.

If you arrive for your appointment with a cold sore, I will need to reschedule your appointment.

Symptoms of a cold sore

- A burning or tingling feeling around the lips
- A blister/cluster fluid filled present around the lips
- Blister bursts and fluid leaks
- A scab is formed, which may become itchy & sore
- Pink skin after healing occurred

NICE Guidelines

- Symptom relief pain killers/topical antiviral from a pharmacy
- Drink plenty of fluids to avoid dehydration
- Avoid kissing, oral sex, touching lesion & sharing items
- Defer all elective dental treatment until completely healed

***Lesion usually resolves within 10-14 days***

***Seek medical advice if symptoms worsen or do not improve within 5-7 days***