

Carel's Pharmacy & Compounding Center

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Mouth sores

Mouth sores are annoying, painful and unsightly and there are plenty of things that can cause them such as bacterial, viral or fungal infections. Mouth sores may be symptoms of a disease or disorder. Among the most common mouth sores are:

Cold sores. Annoying and definitely unsightly, cold sores, also called fever blisters or Herpes simplex, are groups of painful, fluid-filled blisters. Cold sores are caused by herpes virus 1 and are very contagious. They often erupt around the lips and sometimes under the nose or around the chin. An attack may follow a fever, sunburn, skin abrasions or stress.

Treating cold sores. There are several commercial products available that treat only the virus or pain associated with the cold sores but not both. Through compounding these medications can be incorporated into a single product that will treat both the virus and the pain.

Canker sores. Small ulcers with a white or gray base and a red border. Unlike cold sores, canker sores appear inside the mouth and they are not contagious. There may be only one canker sore or several and they often return. Their exact cause is uncertain but some experts believe that immune system problems, bacteria or viruses may be involved. Fatigue, stress or allergies can increase the likelihood of a canker sore. A cut caused by biting the cheek or tongue, or reactions from hot foods or beverages may contribute to canker sore development. Intestinal problems, such as ulcerative colitis and Crohn's disease, also seem to make some people more susceptible.

Treating Canker Sores: There are many combinations of medications that can be compounded to fit individual patients needs to treat canker sores including: Miracle Mouthwash (Dexamethasone/Tetracycline/ Nystatin/Diphenhydramine), Carel's Mending Mouthwash (Misoprostol), Stanford Mouth Rinse (Nystatin/Triamcinolone/Clorpheniramine/2-Deoxy-D-Glucose/Simethicone) and Stanford Modified Mouth Rinse (Diphenhydramine/Hydrocortisone/ Nystatin/Tetracycline). There are also other agents available such as Mouth Paint or a Polyox bandage. Polyox bandages are mucosal bandages that different medications can be incorporated into form a barrier over the sore to last two to three hours in a moist environment.

This month's featured compounds are **Acyclovir/Lidocaine Lip Balm** and **Stanford Modified Mouth Rinse**.

Acyclovir/Lidocaine Lip Balm is commonly used to treat cold sores. It treats both the pain and the virus associated with cold sores in a single tube for about the same price as a single ingredient product. Acyclovir/Lidocaine Lip Balm is a prescription product and is dispensed in a 5 gram lip balm tube for easy use by the patient. It is applied five times daily and as needed to the affected area. If necessary, a sunscreen may be added.

Stanford Modified Mouth Rinse is a combination of several medications used to treat canker sores including: Diphenhydramine, Hydrocortisone, Nystatin and Tetracycline. The patient generally uses two teaspoonfuls of the rinse to swish and spit.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.