

❖ **COLD SORES**

Cold Sores are caused by a viral infection that usually appears on the lips or under/around the nose. They usually start off as a tingling sensation and then develop into a hard, blister that can weep and will eventually crust over.

How do you get Cold Sores?

You can get them when your immune system is low and cannot fight the viral infection. It can also be caused by exposure to wind, sunlight or eating certain foods in some people such as chocolate. Everybody is unique in their triggers but since cold sores are viral they can be contagious; so try to avoid sharing drinks, kissing or sharing lipsticks with anyone that is affected. If you have one try not to pick at it as you may pass it to another region of your body or make it more prone to a bacterial infection.

How do you treat Cold Sores?

One theory is if your body is deficient in the amino-acid L-Lysine that you can get cold sores, so supplementing this can speed up the recovery. If you get them recurrently then consider using L-Lysine on a daily basis to help prevent them from occurring.

The use of anti-viral creams can help to treat the infection providing that you use it as soon as the tingle first appears as this will reduce the duration of your cold sore. Don't be fooled to think that a 5% strength of one ingredient is stronger than 1% of another; they are all quite similar in efficacy providing you use it correctly.

Sometimes your body may become resistant to an active ingredient, in which case if it stops working as well; consider switching to a different product. Make sure though that you don't keep 'starting' and 'stopping' treatment because it looks better. Do it for the 5 days regardless of it getting better.

<u>PRODUCT</u>	<u>INGREDIENT</u>	<u>DIRECTIONS</u>	<u>COMMENTS</u>
*Zovirax *Nyal Anti-viral cold sore cream	Aciclovir 5%	Apply five times a day to the sore for five days at the first tingle/burning sensation	<ul style="list-style-type: none"> ✓ <u>Antiviral</u> so will help to clear infection. ✓ Although topical use is said to be safe in pregnancy and breastfeeding, but it is pregnancy ADEC category B3 so I tend to recommend using the patches as they are not medicated!
*Vectavir	Penciclovir 1%	Apply to the affected area 5 times a day for 5 days at the first sign of tingling	<ul style="list-style-type: none"> ✓ Also <u>antiviral</u> ✓ Not recommended to use whilst pregnant or breastfeeding, so use the patches instead
<u>*VIRASOLVE</u>	Idoxuridine, Lignocaine, Benzalkonium chloride	Use every hour on day 1 and then use every 4 hours after that for up to 5 days	<ul style="list-style-type: none"> ✓ This is my favourite product as it has an <u>antiviral</u>, an <u>anaesthetic</u> to reduce the tingling and itching and an <u>antibacterial</u> to stop it from getting infected if crusty ✓ Also Pregnancy category B3, so not recommended and it is unknown about its safety in breastfeeding so best to avoid
Propovir	Propolis extract ACF	Apply five times a day to the sore for five days at the first tingle//burning sensation	<ul style="list-style-type: none"> ✓ Supposedly has antiviral, antifungal, antibacterial, anti-inflammatory, local anesthetic, antioxidant and assists in wound healing. ✓ Is a relatively new product so unsure of feedback as to the effectiveness ✓ Appears safe in pregnancy and breastfeeding
Compeed Cold Sore Patches	Patch	Apply 1 patch to the sore daily for up to 10 days	<ul style="list-style-type: none"> ✓ Acts as a physical barrier to allow for healing. ✓ Safe to use whilst pregnant and breastfeeding. ✓ Also helps to 'hide' or reduce the visibility of the cold sore
Dynamiclear	Bluestone, hypericum perforatum, calendula	Single dose application that takes 30 seconds to apply	<ul style="list-style-type: none"> ✓ All natural product that is an antiseptics, antiviral and anti-inflammatory ✓ Very easy to use; once off treatment