

Useful Prescriptions for Common Oral Diseases

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The following are examples of prescriptions for medications used in treating the common oral disorders. Cost information, as provided by the OSU Wexner Medical Center Walgreen's pharmacy, is for comparison purposes only. Pricing and availability will vary.

Herpes simplex virus (HSV, HHV-1 and -2)

Primary Must be recognized during the first 2-3 days, otherwise the beneficial effect of the antiviral medication will be minimal. Popsicles helpful for pain, especially in younger patients.

Rx Valtrex (valacyclovir) 1 g.
Disp: 5
Sig: Take 2 initially, then 2 at 12 h, and 1 at 24 h
\$62 – generic
\$138 – Brand name

Rx Zovirax (acyclovir) 800 mg.
Disp: 7
Sig: Take 4 initially, then 2 at 12 h and 1 at 24 h
\$16 - generic
\$196 - Brand name

Recurrent herpes labialis (must start at the earliest prodromal symptom)
Combined use of systemic and topical may be most efficacious.

Rx Valtrex (valacyclovir) 1 g.
Disp: 5
Sig: Take 2 initially, 2 at 12 h, then 1 at 24 hr

Rx Zovirax (acyclovir) 800 mg.
Disp: 7
Sig: Take 4 initially, then 2 at 12 h and 1 at 24 h

Rx Denavir (penciclovir) cream 1%
Disp: 1.5 gm tube
Sig: Apply thin film to lesion q4h while awake for 2 days
\$119 – Brand name

Rx Zovirax (acyclovir) cream 5%
Disp: 5 gm tube (*pricey, due to large tube volume*)
Sig: Apply thin film to lesion q4h while awake for 2 days
\$949 – Brand name

Varicella (VZV, HHV3) Primary lesions (chickenpox) should be a thing of the past due to the varicella vaccine. This virus is less susceptible to antiviral drugs compared to HSV; consequently the therapeutic dose is 5 times greater.

Herpes Zoster (Shingles)

Rx Valtrex 500 mg.
Disp: 60
Sig: Take 5 initially, then 5 q 12 h until gone
\$426 - generic
\$960 – Brand name

Note: Zoster affecting the tip of the nose suggests involvement of the nasociliary nerve, with potential ocular lesions. This is an ophthalmologic emergency and should be managed by an ophthalmologist.

Coxsackie virus infections (herpangina; hand, foot and mouth disease)

Supportive care is generally adequate, including ibuprofen or acetaminophen for pain/fever.

Aphthous Ulcers

Minor or Major Aphthae

Rx Diprolene (betamethasone dipropionate) gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible
\$52 - generic
\$64 – Brand name

Rx Lidex (fluocinonide) gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible
\$44 – generic
\$70 – Brand name

Rx Temovate (clobetasol) gel
Disp: 30 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible
\$266 – generic
\$62 --- Brand name

Patient may consider applying a thin protective OTC product (such as Zilactin) over the lesion, after placement of steroid.

Herpetiform Aphthae

- Rx** Decadron (dexamethasone) elixir (0.5 mg/5 ml)
Disp: 240 ml.
Sig: 1 tsp. as mouth rinse, then expectorate, bid
\$65 – generic
- Rx** Prelone (prednisolone) syrup (15 mg/5 ml, adult dose)
Disp: 100 ml.
Sig: Use 1 tsp. as mouthrinse, then expectorate, bid
\$46 – generic
\$58 – Brand name

Pemphigus Vulgaris

This is a systemic disease that should be managed by someone with experience using systemic immunosuppressive drugs. Topical therapy is **not** indicated in the treatment of pemphigus.

Mucous Membrane (Cicatricial) Pemphigoid

Doxycycline (tetracycline alternative) and niacinamide regimen

- Rx** Doxycycline hyclate caps
Disp: 120
Sig: Take 1 tid $\frac{50 \text{ mg}}{\$266\text{-generic}}$ $\frac{100 \text{ mg}}{\$443\text{-generic}}$
- Rx** Niacinamide 250 mg (up to 750 mg) available OTC
Disp: 120
Sig: Take 1 tid

Corticosteroid preparations

- Rx** Diprolene gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible
- Rx** Decadron (dexamethasone) elixir (0.5mg/5 ml)
Disp: 240 ml.
Sig: 1 tsp. as mouth rinse, then expectorate, bid

Rx Lidex (fluocinonide) gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible

Rx Temovate (clobetasol) gel
Disp: 30 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible

Erosive lichen planus

Rx Diprolene Gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible

Rx Lidex (fluocinonide) gel
Disp: 15 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible

Rx Temovate (clobetasol) gel
Disp: 30 gm
Sig: Apply a thin film to lesion, 4-6 x qd, as early in the course of the process as possible

Candidiasis

Rx Mycelex Oral Troches
Disp: 50
Sig: Dissolve one in the mouth 5 x each day
\$88 – generic
\$108 – Brand name

Rx Diflucan Tablets 100 mg.
Disp: 8
Sig: Take 2 tablets on Day 1, then 1 qd until gone
\$61 - generic
\$445 – Brand name

Rx Nystatin oral suspension
Disp: 240 ml
Sig: Use 2 tsp as a mouthrinse, holding it in the mouth for as long as possible, then swallow, 5 x qd
\$72 – generic

Rx Sporanox (itraconazole) oral solution
Disp: 240 ml
Sig: 1-2 tsp bid for 1-2 weeks
\$586 - generic
\$709 – Brand name

Angular cheilitis presentations (must exclude or treat concomitant intraoral candidiasis, if present)

Rx Iodoquinol and hydrocortisone cream (1%)
Sig: Apply to corners of mouth, tid
\$59 – generic (30 g)
\$233 – Brand (Dermazene, 30 g)

Xerostomia

OTC Oral Balance Liquid or Spray (Biotene)
<https://secure.biotene.com/register.asp>
(web address to receive dry mouth kits from Laclede)

OTC Oasis Moisturing Mouth Spray (Sensodyne)

OTC MedOral Dry Mouth Spray (MedActive)

OTC Orajel Dry Mouth Moisturing Gel (Church & Dwight)

Rx Salagen (pilocarpine HCl) Tablets 5 mg
Disp: 90 tablets
Sig: Take one tid (may be increased to 2 tid if
necessary and side effects are tolerated)
\$136 - generic
\$192 – Brand name

Rx Evoxac (cevimeline HCl) Capsules 30 mg
Disp: 90 capsules
Sig: Take one tid
\$197 - generic
\$892 – Brand name

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