

# ***Come in and Catch it: the review that sticks***

***Corydon Palmer Dental Society***

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

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### **Herpetic Ulcerations**

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.

Valacyclovir (Valtrex) 500mg tablets

Disp: 8 tablets

Sig: Take four tablets in prodrome and four tablets 12 hours later

Prophylactic OTC: 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)

### **Aphthous Ulcerations**

Fluocinonide (Lidex) .05% gel

Disp: 15 or 30 gm tube

Sig: Apply a thin amount up to 3 times daily. (Ignore external use only)

Cautery: Debacterol, Silver Nitrate Sticks, Tincture of Benzoin

### **Lichen Planus**

Clobetasol propionate 0.05% gel (Temovate)

Disp: 30 gram tube

Sig: Apply to affected area bid (Ignore external use only)

Dexamethasone elixir 0.5mg/5ml

Disp: 12oz

Sig: Rinse and expectorate bid

Tracrolimus 0.1% ointment (Protopic)

Disp: 30 gram tube

Sig: Apply to affected area bid

### **Recalcitrant Lichen Planus**

Hydroxychloroquine (Plaquenil) 200mg tablets

Disp: 60 tablets

Sig: Take one tablet by mouth bid

### **Erythema Multiforme**

Medrol dose pack (Prednisone tabs of 4 mg each)

Dispense: 1 pack (Contains 15 tabs)

Sig: Use as directed – 5, 4, 3, 2, 1 for 5 days

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. (Consider anti-fungal prophylaxis)

Prophylactic: Valacyclovir 500mg tablets

Disp: 30 tablets

Sig: Take one qd

### **Mucous Membrane Pemphigoid**

Doxycycline 50mg tablets

Disp: 120 tablets

Sig: 50 mg to 200 mg QD in single or divided doses

Clobetasol propionate 0.05% gel (Temovate)

Disp: 30 gram tube

Sig: Apply to affected area bid (Ignore external use only)

### **Candida Infections**

Clotrimazole (Mycelex) 10mg troche

Disp: 70

Sig: Dissolve in mouth one troche up to five times a day for fourteen days

Nystatin Oral Suspension 100,000U/mL

Disp: 240mL

Sig: Rinse and expectorate qid

Fluconazole (Diflucan) 100mg  
Disp: 28 tablets  
Sig: 100-200mg daily for 7-14 days

### **Angular Cheilitis**

Dermazene topical cream (Iodoquinol and hydrocortisone)  
Disp: 15 g tube  
Sig: Rub into affected areas t.i.d until healing occurs

Lotrisone topical cream (Clotrimazole and betasmethasone dipropionate)  
Disp: 15 g tube  
Sig: Rub into affected areas t.i.d until healing occurs

Mycolog II topical cream (Nystatin 100,000 units/ gram and triamcinolone 0.1%)  
Disp: 15 g tube  
Sig: Rub into affected area t.i.d until healing occurs

### **Denture Stomatitis**

Nystain ointment or Mycolog II ointment  
Disp: 30 gram tube  
Sig: Apply to denture base and insert denture tid

### **Xerostomia**

Pilocarpine (Salagen) 5 mg tablets  
Disp: 150-180 tablets  
Sig: one 5-6 times a day

Cevimeline HCL 30mg mg capsules  
Disp: 90  
Sig: one TID (Do not take with uncontrolled asthma, acute iritis, or narrow angle glaucoma)

OTC: Biotene products, Moisyn oral rinse and spray, Oral balance gel, xylitol lozenges, lanolin for lips, PreviDent 5000 dry mouth (Colgate)

### **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
7. Act dry mouth lozenges, Biotene products, Moisyn oral rinse and spray, Oral Balance Gel, Optimoist, Spry Mints, XyliMelts, etc.

### **Pain**

Lidocaine (Xylocaine) viscous 2%

Disp 4 oz.

Sig : Apply to affected area q4h prn pain

Lidocaine Ointment 5%

Disp : 30 gram tube

Sig : Apply a thin amount to dried oral mucosa up to four times a day

Magic Mouthwash (1 part viscous lidocaine 2% + 1 part Maalox + 1 part diphenhydramine 12.5 mg per 5 ml elixir)

Disp : 240 ml bottle

Sig : Rinse and expectorate 5 ml prn - up to 4 times/day

### **Burning Mouth Disorder**

1. Lubrication
2. Candidiasis treatment
3. Nutritional treatment (B12, Folate, Iron and Zinc)
4. Diabetic Control
5. Eliminate triclosan/tartrate control products
6. Switch hypertensive medication if on ACE-inhibitor
7. Trial of evxoxac or salagen if xerostomic
8. Clonazepam .5mg wafer , dissolve 1 in mouth and swallow at night, may dissolve additional wafer and SPIT in morning
9. Neuropathic meds : amitriptyline, nortriptyline, doxepin, neurontin, lyrica
10. Magic Mouthwash
11. Viscous lidocaine 2 %
12. Topical doxepin (zonalon cream)  
Disp 1 tube 30 gm. Sig: apply on affected area up to qid as needed, hold with gauze x 5 mins.
13. Alpha Lipoic Acid 600 mg tabs OTC . Take 1 TID as needed
14. Capsaicin

### **Non pharmacological management of burning mouth syndrome**

Fabrication of soft splint with or without lidocaine use: Indicated when given a history of symptomatic relief with chewing gum, food or having something in mouth

## **Suggestions for a Dry/ Uncomfortable Mouth**

### **Toothpaste**

Recommend **Biotene** brand or **Tom's of Maine**

Avoid toothpaste with sodium lauryl sulfate if you mouth is sensitive to common toothpastes

Make sure your toothpaste contains fluoride to help prevent cavities

#### Mouthwashes and sprays

Recommend **Biotene** and **Moisyn Oral Rinse (10 oz)** and **Moisyn Oral Mist/spray (2 oz)** Avoid mouthwash with alcohol

Make a mouth rinse of baking soda and water to help rebalance your mouth's pH

#### Lubrication

Drink plenty of water to stay hydrated

Sugar-free xylitol containing sucking candy/ lozenges/ mints such as **Spry Mints**

Suck on ice chips (DO NOT CHEW)

Use coconut oil or olive oil for a natural mouth lubricant

#### Cracked Lips

Try a lip balm without petroleum

Lanolin, which can be found in products for breast feeding mothers such as

**Lansinoh**, is a good lubricant

#### Teeth

Talk to your dentist about prescription strength fluoride toothpaste and fluoride varnish to help prevent cavities

#### Sleeping

Recommend **Oral Balance Gel** and **Moisyn Oral Spray** at night and

Humidify sleeping area, especially during the winter

#### Avoid

Discontinue or reduce consumption of alcohol, caffeine, and soda

Do not use cinnamon flavored products (real cinnamon is ok)

#### Last Resort

If your dry mouth symptoms continue, then there are prescription medications your oral medicine doctor can prescribe to increase your salivation

Pilocarpine (Salagen) 5 mg tablets

Disp: 150-180 tablets

Sig: one 5-6 times a day

Cevimeline HCL 30mg mg capsules

Disp: 90

Sig: one TID (Do not take with uncontrolled asthma, acute iritis, or narrow angle glaucoma)