

Cold Sores

Follow-up Advice	<ul style="list-style-type: none">• Consult GP if lesion is spreading or complicated with a secondary bacterial infection• Not effective and too late if blisters and vesicles are present, just conservative management
Counselling Points	<ul style="list-style-type: none">• Hands should be washed before and after each application of the cream to reduce the chance of spreading the infection• Cold sores are caused by a virus. It remains in the nerve between cold sores and cannot be cured• It is advisable not to share face cloths and towels• Cold sores should not be touched as this can spread infection• Cold sores often recur in the same place and can sometimes be linked to a trigger, such as UV light (advise sunscreen with SPF of 15 or more).• Treatment should begin as soon as possible, recovery can take 10-14 days• Cold sores are infectious for about four days after symptoms start and can be transmitted by close personal contact