

Come in and Catch it: The Review that Sticks

Harrisburg Dental Society

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THERAPEUTIC REGIMENS FOR SELECTED ORAL MUCOSAL DISEASES

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Herpetic Infections

1. Acyclovir 5% cream (Zovirax)
Disp: 3 or 15 gm tube
Sig: Apply to affected area six (6) times a day.
2. Acyclovir (Zovirax) 200 mg. capsules
Disp: 38 capsules
Sig: Three (3) stat, then one (1) capsule five times a day.
3. Acyclovir 5% ointment with Dyclonine HCl 1% or Lidocaine 1% Compound
Sig: Apply to affected area q2h (start applying prodromal stage)
4. 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.
5. Famciclovir (Famvir) 125 mg tablets
Disp: 10 tablets
Sig: Take one tablet bid for five days.
6. Penciclovir 1% (Denavir) Cream
Disp: 2 gm tube
Sig: Apply a thin amount to affected area q2h during waking hours for a period of 4 days. Treatment should begin as early as possible (i.e., during prodrome or when lesions appear).

7. Valacyclovir (Valtrex) 500 mg tablets
Disp: 8 tablets
Sig: Take four tablets in prodrome and four tablets 12 hours later
8. Miscellaneous:
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)

Chronic Vesicular and Ulcerative Diseases (Chronic Aphthous Ulcers/ Lichen Planus etc.)

1. Betamethasone (Celestone) Syrup
Disp: 8 oz
Sig: One (1) tsp qid. Gargle for as long as possible and expectorate.
2. Betamethasone dipropionate (Diprolene) gel 0.05%
Disp: 15 gram tube
Sig: Apply a thin amount to affected area tid.
3. Clobetasol propionate .05% gel (Temovate) (ignore external use only)
Disp 30 gram tube
Sig: Apply a thin amount to affected area up to two times a day.
4. Dexamethasone elixir .5 mg/5 ml
Disp: 12 oz.
Sig: Rinse with 1 tsp. for as long as possible up to two times a day and expectorate
5. Fluocinonide (Lidex) .05% gel
Disp: 15 or 30 gm tube
Sig: Apply a thin amount up to 3 times daily. (ignore external use only)
6. Halobetasol propionate (Ultravate) .05% ointment
Disp: 15 gm tube
Sig: Apply a thin amount to affected area bid.
7. Medrol dose pack (Prednisone tabs of 4 mg each)
Dispense 1 (Contains 15 tabs of 4 mg each: 5-4-3-2-1)
Use as directed – 5, 4, 3, 2, 1 for 5 days
8. 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.

9. Tracrolimus (Protopic) 0.1% ointment

Disp: 30 gram tube

Sig: Apply a thin layer to the affected area and rub in gently up to two times a day.

Specific systemic medications for recalcitrant oral lichen planus and chronic ulcerative stomatitis (Cellcept for GVHD) and Pemphigus Vulgaris

1. Hydroxychloroquine (Plaquenil) 200 mg tabs

Disp: 60

Sig: Take 1 tab by mouth BID

2. Mycophenolate Mofetil (Cellcept) 500 mg tabs (CBC/diff upon prescription)

Disp : 60

Sig: Take 1 tab by mouth BID

Specific systemic medications for Recurring Aphthous Stomatitis

1. Colchicine 0.6 mg tabs

Disp : 90

Sig : Take 1 tab by mouth TID

2. Pentoxifylline 400 mg tabs

Disp : 90

Sig : Take 1 tab by mouth TID

3. Thalidomide 50 mg tabs (SEVERE cases only, needs special training with dispensing company)

Disp : 30

Sig : Take 1 tab by mouth QD

Specific systemic medications for Erythema Multiforme (EM)

1. 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)

2. Prophylactic valacyclovir 500 mg tabs
Disp : 30
Take 1 QD (for chronic recurring EM)

Specific systemic medications for Mucous Membrane Pemphigoid

1. Doxycycline : from 50 mg to 200 mg QD in single or divided doses
2. Minocycline : from 50 mg to 200 mg QD in single or divided doses
3. Tetracycline : from 50 mg to 200 mg QD in single or divided doses
4. Dapsone from 50 mg to 100 mg QD in single or divided doses
5. Nicotinamide 500mg to 2 grams day with one of the antibiotics

Candida Infections

1. Clotrimazole troche (Mycelex) 10 mg
Disp: 70
Sig: One (1) troche up to five (5) times a day (let dissolve in mouth) x 2 weeks
2. Fluconazole (Diflucan) 100 mg
Disp: 15 tablets
Sig: Take two tablets on day 1 and one tablet for 13 days beginning day 2
3. Ketaconazole (Nizoral) tablets 200 mg
Disp: 8 tablets
Sig: Take one (1) tablet with breakfast.
4. Miconazole (Oravig) 50 mg buccal tabs
Disp: 30
Sig: Dissolve 1 tab in vestibule as directed once a day
5. Nystatin (Mycostatin) Oral Suspension (100,000 u/ml)
Disp: 240ml
Sig: Take 5 ml, hold in mouth for 2 minutes and expectorate qid.

Prophylactic prescription for candidiasis

1. Clotrimazole troche (Mycelex) 10 mg

Disp: 60

Sig: One (1) troche two (2) times a day (let dissolve in mouth).

2. Fluconazole (Diflucan) 100 mg

Disp: 30

Sig: Take one tablet every week

3. Nystatin (Mycostatin) Oral Suspension (100,000 u/ml)

Disp: 240ml

Sig: Take 5 ml, hold in mouth for 2 minutes and expectorate BID

Angular Cheilitis

1. Hydrocortisone 1.9% with iodoquinol (Vytone) cream 1%

Disp: 30 gm tube

Sig: Apply to affected area qid.

2. Triamcinolone 0.1% and Nystatin 100,000 units/gram cream (Mycolog II)

Disp: 15 gram tube

Sig: Apply tid until healing occurs.

3. Aquaphor lip repair – OTC

4. Lansinoh cream - OTC

Xerostomia

1. Biotene toothpaste and mouthwash

2. Cevimeline HCL 30mg mg capsules

Disp: 90

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

3. Mouth Kote Oral Moisturizer 2 oz. and 8 oz. spray bottles

“Mucopolysaccharides from Yerba Santa plant”

Parnell Pharmaceuticals

4. Numoisyn lozenges

Disp: 150

Sig: Dissolve 1 lozenge in mouth 3-5 times a day in mouth prn dryness

6. PreviDent 5000 dry mouth (Colgate) 1.1% toothpaste
Sig: After brushing, flossing and rinsing, apply qhs or bid.
Do not eat, drink or rinse mouth for 30 minutes.
7. Oral balance gel and spray
Disp: 1.5 oz (tube) or spray bottle
Sig: Apply to mouth PRN (gel great at night).
8. Pilocarpine (Salagen) 5 mg tablets
Disp: 150-180 tablets
Sig: one 5-6 times a day
9. Xylitol products (Spry mints)

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, Oral Balance Gel, MI paste, Mouthkote, Oasis mouthwash, Optimoist, Spry Mints, Xyliments etc.

Mouth Rinses

1. Alkaline saline (Salt/Bicarbonate) mouth rinse
Disp: Mix 1/2 tsp each of salt and baking soda in glass of H₂O.
Sig: Rinse with copious amounts qid.
2. Chlorhexidine gluconate 0.12%
(Anti plaque for treatment of gingivitis. This is to be used as an adjunct to regular periodontal therapy).
Disp: 3 x 16 oz.
Sig: Rinse and expectorate 1/2 oz. for 30 seconds bid.

3. Diphenhydramine, (Benadryl) elixir 12.5 mg/5 ml with Maalox
 Disp: Equal amounts of each
 Sig: Rinse with 1-2 tsp q2h (especially before meals) and expectorate.
 Refrigerate
4. Dyclonine HCl (Dyclone) 0.5%
 Disp: 4 oz.
 Sig: One (1) tsp qid. Rinse as long as possible and expectorate. This is best to use prior to meals.
5. Lidocaine (Xylocaine) viscous 2%
 Disp 4 oz.
 Sig : Apply to affected area q4h prn pain
6. Lidocaine Ointment 5%
 Disp : 30 gram tube
 Sig : Apply a thin amount to dried oral mucosa up to four times a day
7. 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
8. Rincinol P.R.N. Dose Pack
 OTC: 6 individual dose packs (0.33oz) or 4 oz bottle.
 Sig: One (1) tsp qid. Rinse as long as possible and expectorate
9. Sucralfate (Carafate) Suspension 1 gram/10 ml
 Disp: 8 oz.
 SIG: Gargle for as long as possible and expectorate (or swallow if pharyngeal ulcerations). Patients may also prepare a slurry using the oral tablets by placing one 1 gram tablet in approximately 15 to 30 ml of water. Tablet disintegrates rapidly in water. Patients may also form a paste by mixing an individual tablet daily with a topical anesthetic (lidocaine or dyclonine) and apply directly to individual ulcerations.
10. Ulcerase (OTC)
 This product is alcohol free and comes in 180 ml bottle. Gargle for 15 seconds and expectorate every two hours or as needed.
11. Caphosol

Burning Mouth Syndrome

1. Lubrication

2. Candidiasis treatment
3. Nutritional treatment (B12, Folate, Iron and Zinc)
4. Diabetic Control
5. Eliminate triclosan/tarter control products
6. Switch hypertensive medication if on ACE-inhibitor
7. Trial of evoxac 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