

***“Come in and Catch it and a
Patient Can Have as Many
Diseases as They Pleases”
“2020 Dugoni School Alumni
Meeting”***

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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
Sign: 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/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

Suggestions for a Dry/ Uncomfortable Mouth

Toothpaste

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

Avoid toothpaste with sodium lauryl sulfate if your 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)