

OTC AGENTS FOR COMMON SYMPTOMATIC ORAL ULCERS

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RECURRENT APHTHOUS STOMATITIS

Protective Covering Agents with or without Anesthetic Agents:

Orabase Paste with Benzocaine (Colgate Oral Pharmaceuticals) – occlusive paste with 20% benzocaine (no longer available by this company)

Orajel Oral Pain Instant Relief Gel (Dwight & Church) – gel contains 20% benzocaine, menthol, zinc chloride.

Canker-X Canker & Mouth Sore Treatment Gel (Sunstar Americas, Inc.) – gel contains aloe vera, long lasting and non-stinging formula – no benzocaine or alcohol.

Kank-A Professional Strength Mouth Pain Liquid (Blistex) – contains 20% benzocaine, tincture of benzoin, alcohol, tannic acid, others (long lasting barrier film) ADA Seal

Zilactin-B Gel (Blair Laboratories, Inc.) – contains 10% benzocaine, long lasting

Other protective barriers include bioerodible patches, such as **Canker Cover (Quantum Health)** – menthol, sea salt, citrus oil, **Ora Film (Apothecus Pharm)** – 6% benzocaine.

Topical Anesthetic Agents:

Baby Orajel Naturals Teething Gel – contains Calcearea phosphorica, Chamomilla, Coffee cruda

Benzodent Cream (Chattem) – contains 20% benzocaine; ADA Seal

Orajel Mouth Sore Gel (Dwight & Church) – contains 20% benzocaine

Orajel Medicated Mouth Sore Swabs (Dwight & Church) – contains 20% benzocaine

Anbesol Maximum Strength Gel (Pfizer) – contains 20% benzocaine

Anbesol Regular Strength Gel (Pfizer) – contains 10% benzocaine

Kank-A Soft Brush Mouth Pain Gel (Blistex) – 20% benzocaine, 0.1% zinc chloride

Tanac - No Sting Liquid (Del Pharmaceuticals, Inc.) - contains 10% benzocaine, tannic acid, alcohol-free

Cepacol Maximum Strength Sugar Free Throat Lozenges – contains 15 mg benzocaine and 20 mg of menthol, berry flavored, sorbitol

Halls Cough Drops Sugar Free (Mondelez) – menthol 2.5 mg – 9.4 mg, aspartame; multiple flavors

Halls Breezers Sugar Free (Mondelez) – contains pectin 7 mg, aspartame; cool berry

Sucrets Maximum Strength Lozenge (Insight Pharmaceuticals) – contains dyclonine 2-3 mg; corn syrup, sucrose, menthol, black cherry flavor

Nutritional Supplementation and Bandage

Rx: OraCoat Renewing Melts (H-B12) with B₁₂ 100 mcg (OraHealth)

Disp: 16 ct box

Sig: Place patch over the ulcer. Use in between meals and while sleeping.

Additional information: A recent study showed that taking vitamin B₁₂ 1000 mcg either sublingually or orally decreased recurrence of aphthous ulcers in adults.

Rx: Vitamin B complex tablets

Disp: 1 bottle

Sig: Take 1 tablet daily for disease prevention.

Additional information: Vitamin B complex + vitamin C may be beneficial in some adolescents.

(www.webmd.com/drugs)

RECURRENT (OROFACIAL) HERPES SIMPLEX

Topical Anesthetic/Analgesic/Other Medication:

Examples of other topical agents may help to relieve symptoms:

AverTEAX ointment (Camellix) – active ingredient: benzyl alcohol; also, aloe vera and green tea extract
Lip Clear Invisible Cold Sore Bandage (Quantum Health) – no active ingredients – hydrocolloid particles
Lip Clear Lysine + Cold Sore Treatment (Quantum Health) – Lysine - ointment
Viroxyn Professional Use (Quadex Pharm) – active ingredient, benzalkonium chloride, benzocaine 7.5%
Orajel Single Dose Cold Sore Treatment – active ingredients, benzalkonium chloride, benzocaine 5%
Orajel Cold Sore Cream – active ingredient, benzocaine 20%
Zilactin Early Relief Cold Sore Gel (Blairex) – active ingredient, benzyl alcohol 10%
Zilactin-L Cold Sore Liquid (Blairex) – active ingredient, benzyl alcohol 10%
Carmex - active ingredients, camphor, menthol, phenol
Campho-phenique gel – active ingredients: camphor, phenol, eucalyptus oil
Blistex Lip Medex – active ingredients: camphor, menthol, phenol
Blistex Medicated Ointment – active ingredients: camphor, menthol, phenol
Super Lysine + Cold Sore Treatment (Quantum Health) – active ingredient: menthol .1%
RELEEV (Merix Pharm) – active ingredients: benzalkonium chloride; other – Echinacea, Viracea
Aubio Cold Sore Treatment Gel (Aubio Life Sciences) – active ingredients: Lidocaine .50%, Allantoin .50%; other – botanicals
SMART Cold Sore Treatment Patch (SMARTMED) – no active ingredients - hydrocolloid patch

Pediatric significance: Benzocaine should not be used in children under 2 years of age.

Topical Antiviral Medications: These are much less effective than systemic medications

Rx: Abreva (docosanol) cream 10% (OTC)

Disp: 2 g tube

Sig: Apply to the area 5 times a day until lip sore is healed, beginning when symptoms first occur. Rub in gently but completely and wash hands after applying cream.

Pediatric Significance: Docosanol exerts a nonspecific antiviral action by blocking viral entry into a cell. It is effective against acyclovir-resistant HSV. Mean duration of HSV lesions and pain were decreased by one day. Safety and effectiveness in children have not been established in children under the age of 12. Only OTC that has been proven to decrease symptoms. (GlaxoSmithKline, www.abreva.com).

Nutritional Supplementation:

Rx: L-lysine 500 mg tablets or capsules (OTC)

Disp: 100 tablets

Sig: Take 2 tablets every morning before breakfast. Continue for 6 months and re-evaluate.

Pediatric Significance: This amino acid supplement works best if patients have high lysine, low arginine (chocolate, nuts) diet. May increase to 3000 mg/day, if the patient has a known trigger challenge or for the treatment of herpes labialis. T-cell immunosuppression may occur if 10 grams of lysine are taken daily. If there is skin involvement, along with the herpes labialis, some patients may benefit from vitamin E supplements, bioflavonoids, and zinc. Controlled studies have not been well documented for oral HSV infections and have shown mixed results. Studies in children are not available. The dosage of lysine for children 2 - \leq 12 years of age is 23 mg/kg but this is not specific for herpes labialis.

Additional information: Low level laser treatment has been reported to be successful for orofacial herpes labialis but well-designed studies are not available.

Examples of Other Commercial Products for Mucositis

OraMagic Rx Oral Wound Solution: 2 oz or 12 oz bottle. This rinse contains aloe vera and can be used for oral mucositis, aphthous ulcers, stomatitis and traumatic ulcers. Also comes with an added topical anesthetic – OraMagic Plus with Benzocaine Oral Wound Solution. Both rinses contain aloe vera extract. MPM Medical, Inc (www.mpmmedicalinc.com).

Rincinol™ P.R.N.™ (OTC): 4 oz bottle. Novel occlusive rinse that contains polyvinylpyrrolidone, sodium hyaluronate, glycyrrhetic acid (licorice extract) and aloe vera. It is alcohol-free; safe for use in children and is long lasting. It is an OTC product that is marketed by SUNSTAR Butler GUM.

NB: This presenter does not endorse any of these products. The purpose is to provide providers with examples of products that patients may be using and their active ingredients.