



COLD SORES

PATIENT INFORMATION

What are Cold Sores?

Cold Sores appear as blisters, most commonly around the mouth and nose. They are unsightly, highly embarrassing, can be painful, irritating and highly distressing to sufferers.

What causes Cold Sores?

Cold Sores are caused by the Herpes Simples Virus (HSV).

Who suffers from Cold Sores?

Around four in ten of the Australian Population have suffered from Cold Sores at some time. However, around 80% of the population have been exposed to HSV at some time in their life.

Are Cold Sores infectious?

Yes. The virus is capable of infecting other individuals and other parts of the body besides the lips. For example, if sufferers rub their eyes after touching the Cold Sore, they could initiate a transmission of the cold sore virus to the eye area. Herpes infection of the eye can lead to ulcers on the window of the eye (cornea), which is an extremely painful condition. Similarly, some sexual activities with a partner who has an active Cold Sore may lead to genital transmission of the herpes virus. Although it is important that customers/patients are aware that Cold Sores are caused by a viral infection, they should not confuse a Cold Sore with other skin infections. Furthermore, knowledge that Cold Sores are a herpes infection may distress some customers/patients due to the link with genital herpes. Please advise your cosmetic therapist if you have any questions or concerns relating to the possible presence of this virus.

WHAT HAPPENS IN AN ATTACK?

After a Cosmetic Tattoo Lip Treatment or dermal filler injections or Light-based treatments such as IPL, where the lips have been traumatized, Cold Sores will usually break out on the second or third day after the treatment.

There are four stages in the development of a Cold Sore:

1. Tingle – at this stage most people know that they are about to get a Cold Sore. The skin tingles and itches before the Cold Sore appears.
2. Blister – this stage begins as a small, raised blotch which swells and forms blisters, either singly or in small clusters. The blisters are often very painful.
3. Weeping – the blisters collapse and join up to form a weeping sore and people may find this embarrassing and unsightly. The virus can easily spread to other people at this stage.
4. Scab stage – the blister begins to dry out and heal. A scab begins to form, and if pickled, the scab will painfully crack and bleed. Washing hands with an anti-bacterial skin wash is important in preventing lesion contamination and in minimizing the spread of infection. Cold Sores usually last 10-12 days.

STOP COLD SORES FAST:

1. L-Lysine tablets 2 – 3 times a day for 1 week prior to treatment and continue for 1 – 2 weeks after the treatment is completed. Increase the dose according to the product instructions, if Cold Sores occur.
2. Apply Cold Sore ointment/cream, available from your local chemist, as soon as symptoms appear.
3. Take Famvir or Valtrex, available by prescription from your Cosmetic Tattooist or Cosmetic Practitioner.
4. Apply cold compresses to the area.

PREVENTION OF COLD SORES

If you know you have suffered with cold sores in the past (even if it was > 10yrs ago) it is possible that the virus will be reactivated during this treatment.

You can take preventative treatments such as:

- L-Lysine tablets 2 – 3 times a day for 1 week prior to the treatment and continue for 1 – 2 weeks after the treatment is completed.
- Famvir 3 tablets taken in one single dose with food on the day of the treatment and the day after the treatment. Please see your Cosmetic Tattooist, Cosmetic Practitioner or GP for a prescription.
- Valtrex tablets 2 tablets taken on the day of the treatment and 2 tablets taken 12 hours later (repeated on the day after the treatment). Please see your Cosmetic Tattooist, Cosmetic Practitioner or GP for a prescription.

Please call your Cosmetic Tattooist or Cosmetic Practitioner for any further information on **07 55 933388**.