

Cold Sores/Fever Blisters

(Common Name)

Herpes Simplex Virus

(Formal Name)

Infected area

Appear outside of the mouth on
or around the lips

Appearance

Clusters of blisters, first appear
cloudy

Can start with burning or
tingling 24-48 hours before
blister appears

Causes

Herpes Simplex Virus (HSV)
90% of adults have been infected
with HSV

Symptoms

Fever, swollen glands, multiple
sores around mouth
After blister dries-healing within
7-10 days

Treatment

No cure
Medications to relieve pain
Remedies include:
Denavir Cream
Zovirax or Valtrex
Zinc oxide ointment
Drying agents

**DO NOT USE STEROID
OINTMENTS**

**Contagious with any contact
with blister. Contagious until
sore is healed.**

Canker Sore

(Common Name)

Aphthous Ulcer

(Formal Name)

Infected area

Ulcers appear inside of the
mouth
Inside of cheeks, and lips, on
tongue and soft palate

Appearance

Oval or round grayish-white
ulcer with red inflamed center.
May appear in groups or
individual

Causes

Not known
May be a virus, allergic reaction
or auto-immune disorder.
Factors that contribute may be:
Acidic foods, injury or irritation,
smoking, stress, vitamin
deficiency

Symptoms

Pain for 3-4 days. Healing takes
10-15 days. May recur.
Difficulty eating and brushing

Treatment

No cure or prevention
Remedies to relieve pain
include:
Benzocaine gel
Hydrogen Peroxide half strength
(rinse)
Baking soda in water (rinse)
Wet tea bag on ulcer

Not contagious

