



## Herpes Stomatitis

# Patient information Leaflet

January 2020

## Introduction

This leaflet aims to help you understand Herpes Stomatitis, how to make your child feel comfortable, and when to contact for emergency advice.

### What is Herpes Stomatitis?

Herpes stomatitis or oral herpes is an infection which affects the lining of the cheeks, tongue and lips.

It can begin with a cold sore on the lips and spread inside the mouth.

Children may develop stomatitis at any point in their development, from infancy to adolescence.

### Signs and Symptoms:

Stomatitis is characterized by pain or discomfort in the mouth and the presence of open sores or ulcers in the mouth. Stomatitis may cause the following symptoms:

- fever (which may come 1 or 2 days before the appearance of the blisters)
- irritability and restlessness
- blisters in the mouth
- swollen gums, which may bleed
- pain in the mouth
- drooling
- difficulty swallowing
- unpleasant smelling breath

### When to contact your GP:

Parents should call the doctor if any of the following occur:

- unable to drink or swallow
- high temperature
- unable to settle
- symptoms not improved after three days

## Treatment:

In herpes stomatitis, the most important part of treatment is for parents to keep their child drinking as normally as possible.

Regular Paracetamol can be prescribed by the doctor; do not give more than 4 doses in 24 hours. 'Difflam' spray can also be prescribed to numb the pain caused by the ulcers.

Citrus juices, fizzy drinks and spicy or salty foods should be avoided, as they can sting.

Antibiotics are of no help in treating herpes stomatitis. However, if the case is particularly severe, the doctor may prescribe an antiviral medication such as 'Aciclovir'.

In the event of severe disease, the use of intravenous fluids may be necessary to prevent dehydration.

## Signs of Dehydration:

- Reduced urine output
- Pale skin
- Dry mouth
- Sunken fontanel (soft spot-babies only)
- Sunken eyes
- Drowsiness

If you have any concerns about your child's condition please contact either the Children's Unit or the Children's Community Nursing Team.

## Prevention

The herpes virus is contagious. Adults with active cold sores should avoid kissing children and babies as this can pass on the virus. Children with Herpes Stomatitis should not share cups or utensils to prevent it spreading to others.

## Useful Contact Numbers:

- Contact your GP for advice.
- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)

## Useful Websites/information:

- Department of Health ([www.dh.gov.uk](http://www.dh.gov.uk))
- NHS Choices ([www.nhs.uk/conditions](http://www.nhs.uk/conditions))
- NHS institute for innovation and improvement ([www.institute.nhs.uk](http://www.institute.nhs.uk))
- NHS Improvement ([www.improvement.nhs.uk](http://www.improvement.nhs.uk))

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

**References:**

*Herpes Stomatitis (2015) St Helens & Knowsley Teaching Hospital NHS Trust*

*MedlinePlus Medical Encyclopaedia (2017) Herpes Stomatitis*

<https://medlineplus.gov/ency/article/001383.htm> accessed 1.1.20

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