

# Herpes Stomatitis

## Patient information leaflet

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall's Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Southport Hospital  
Town Lane, Kew,  
Southport, Merseyside,  
PR8 6PN  
Telephone: 01704 547 471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

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please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is Herpes Stomatitis?

Herpes stomatitis is a viral infection of the mouth which causes blisters and ulcers. **It is a contagious infection** caused by the herpes simplex virus (HSV).

It is possible that an adult member of the family may have a cold sore at the time the child develops herpes stomatitis but often no cause of infection is found.

## Transmission

The virus can be **transmitted by salivary transfer by kissing or sharing utensils or towels**, if there is contact with mucus membranes or open or abraded skin with someone with the herpes simplex virus.

Primary infection appears 2 to 26 days after contact with an infected person when they have cold sores. It has been estimated that about 90% of the population carry the herpes simplex virus so it is difficult to prevent children from picking it up.

Adults with active cold sores should **avoid kissing anyone especially children and babies, and should avoid sharing utensils, glasses etc.** Once someone has had the herpes simplex virus it never completely disappears and can reoccur as cold sores.

## Notes

### Our usual form of treatment:

Herpes stomatitis can be treated with Acyclovir: also called Zovirax, this is an antiviral medication (if this is needed this will be prescribed by your doctor).

Your child may also be given a spray called Difflam which is sprayed into the mouth and has a numbing effect. This spray can be used frequently especially before eating and drinking. It is important to allow the spray 10 - 15 minutes to work before giving food or drink.

Your child may be reluctant to drink due to the pain and discomfort so they need to be encouraged to have small amounts more often.

Cool drinks such as milk or milkshakes may be soothing to the mouth but avoid fizzy drinks as these will make the sores hurt. It may also be easier for your child to drink through a straw.

If your child is unable to drink they may receive fluid through a drip until they are able to drink again. Your child will also be given regular Paracetamol, to help with the pain.

### Benefits of treatment:

The infection should completely clear up within 10 days, this is sometimes speeded up when acyclovir is given.

Please remember, if you are staying in hospital and have any questions the nurses and doctors are there to support you and will answer any question you have.

### Diagnosis:

In the majority of cases, diagnosis is made based on the history of temperatures and visible ulcers in the mouth or around the eyes.

### Investigations:

- To confirm HSV a swab can be taken of infected areas and this will confirm if the virus is present.
- Blood samples can also be taken.
- A lumbar puncture may also be needed in extreme circumstances and this means a needle will be inserted into the spine to collect some spinal fluid. This will not hurt your child and please ask the doctor or nurse any questions you may have.

### Do we need to stay in Hospital?

Sometimes children with herpes stomatitis need to be admitted to hospital for a few days. Your **child will be nursed in a cubicle** on the ward as **this is a contagious infection**.

**You will need to wash and dry your hands before and after handling your child.**

### Symptoms of Herpes Stomatitis:

- A temperature which may be noticed 1 – 2 days before the blisters appear.
- Blisters in and around the mouth.
- Ulcers inside the mouth.
- Swollen gums.
- Pain in mouth.
- Drooling.
- Difficulty swallowing.

### Complications of Herpes Stomatitis:

If your child is unable to swallow due to pain they are at risk of dehydration.

### Signs of dehydration are:

- Dry mouth and lips.
- Not passing urine or less wet nappies.
- The soft spot on the head may be sunken (in babies).
- Eyes appear sunken.
- More sleepy than usual.

If your child is dehydrated they may be put on IV fluids. This will be given through a cannula in their arm, hand or foot and will go straight into the vein. This will be until they show improvement.

Whilst on IV fluids it is important to still offer food and drink.