

COLD SORE POLICY

The cold sore virus is very common and is carried by up to 80% of the population. It is caused by a virus called herpes simplex (HSV).

Cold sores are highly infectious and capable of spreading to other parts of the body. Once you have been infected, the virus lies dormant in the nerves that supply feeling to the face and mouth. The virus can subsequently be reactivated, and it is the reactivation that presents as cold sores on the lips.

Because of the high infectivity of herpes, we feel it is safer to avoid direct contact.

If you have or are developing a cold sore, we ask that you postpone your appointment by giving us a minimum of 24 hours' notice.

If you arrive to the practice and have an active cold sore present, we will have to postpone your appointment.

We understand that contracting a cold sore is unavoidable, therefore we do not charge an appointment cancellation fee in these circumstances.

Once the cold sore has scabbed or completely disappeared, we will be happy for you to attend the practice as the risk of passing on the virus decreases significantly.

Reduce the risk of spreading the virus:

- Try not to break the blisters or pick the scabs
- Always wash hands after touching the cold sore or applying medication
- Do not touch the eyes and take extra care when applying or removing make-up
- Do not wet contact lenses with saliva while suffering a cold sore and always wash the hands before touching your lenses
- Avoid sharing eating or drinking utensils, such as cutlery and cups
- Do not share personal hygiene items such as toothbrushes, face cloths or towels
- Make sure the cold sore is healed before visiting a dentist
- Consult a doctor if a cold sore becomes severe or extensive