

Cold Sores and the Herpes Virus



If you suffer from cold sores you will know how painful these can be. A cold sore usually appears on the lip as a small painful blister which dries up to form a yellow crust and gradually heals in 5 to 7 days.

Cold sores are infectious and the virus can easily be passed to other people. It is most infectious whilst it is blistering. Always avoid touching a cold sore as you can pass the virus to other people's hands and sometimes even to your own eyes, although this is rare.

If you have a cold sore, contact us before your appointment. It is not advisable to treat patients whilst the virus is active as the area may be very painful and may crack and bleed during dental treatment. Once the cold sore has opened up it will take a further 5 to 7 days to heal.



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