

# The Aesthetic Complications Expert Group protocol for the prophylaxis and treatment of herpetic infections in aesthetic practice

## PRIOR TO RELEVANT FACIAL AESTHETIC TREATMENT

Patient has prodromal symptoms of impending cold sore or active eruption of herpes

Defer treatment

Patient has one or more of the following:  
>3 spontaneous eruptions per year  
Previous eruption following an aesthetic procedure  
Lip augmentation and previous HSV eruption at any time  
Facial resurfacing procedure  
Immunosuppression/Immunocompromise

Provide Patient Information Leaflet

Avoid trigger factors: UV light, physical/emotional stress, fatigue, fever/illness, menstruation, lip chapping/trauma, viral infections, dentistry

Prescribe  
Aciclovir 400mg Twice A Day for 5 Days  
(Aciclovir 400mg Three Times A Day for 5 Days if high risk)  
Or  
Valaciclovir 500mg Once A Day for 5 Days  
(Valaciclovir Twice A Day for 5 Days if high risk)

Start medication 2 days prior to treatment or at the time of treatment