





Received: June 6, 2025
Revised: July 7, 2025
Accepted: August 18, 2025

Corresponding Author:

Tanaya S Teredesai, Department of Oral Medicine and Radiology, Sharad Pawar Dental College and Hospital, Datta Meghe Institute of Higher Education and Research (Deemed to be University), Wardha 442001, Maharashtra, India
E-mail: tanayateredesai743@gmail.com

Beyond the Blister: A Case Report on Recurrent Herpes Labialis

Tanaya S Teredesai¹ , Suwarna Dangore- Khasbage¹ 

¹Department of Oral Medicine and Radiology, Sharad Pawar Dental College and Hospital, Datta Meghe Institute of Higher Education and Research (Deemed to be University), Wardha, Maharashtra, India

Abstract

The most prevalent viral infection in humans, herpes labialis is caused by the herpes simplex virus 1 (HSV-1). This disease is generally seen in childhood and adolescence. It is a contagious viral infection due to direct contact with active lesions and infected body fluids. It can affect the individuals who are immunocompromised like suffering from Human Immunodeficiency Virus (HIV) infection, undergoing chemotherapy and people who had history of oral herpes. The individuals with exposure to ultraviolet rays, fever, hormonal changes under stress can also become the trigger point for the recurrent infection. The present article reports a case of 60 years old female presented with persistent ulcers on her lower lip for 5 days followed by prodromal symptoms characteristically diagnostic of herpes labialis. She was treated by topical antiviral medication. Treatment is necessary with antiviral drugs therapy for reducing the significant pain and discomfort caused during the infection. Early detection and management is of utmost importance to reduce symptoms and avoid further complications. This case report provides valuable clinical insights into the diagnosis and management of recurrent herpes labialis (RHL), a common but often ignored oral viral condition. Also, it emphasizes the efficacy of topical acyclovir and the supportive role of multivitamin therapy in enhancing immune response and tissue healing.

Keywords: acyclovir, antiviral therapy, herpes simplex virus (HSV), immunity, stress