

Valacyclovir in the management of recurrent intraoral herpes Infection

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Abstrak

Penatalaksanaan infeksi Herpes berulang dengan valacyclovir. Infeksi Herpes Simplex Virus (HSV) tipe I dan II mengakibatkan masalah kesehatan di seluruh dunia. Infeksi HSV-I sering mengenai daerah oral dan perioral. Setelah infeksi primer, HSV menjadi laten di ganglion dorsal dan kambuh yang dipicu oleh berbagai stimuli. Penatalaksanaan infeksi HSV adalah pemberian obat antivirus, pencegahan transmisi, penurunan tingkat kekambuhan. Tujuan: membahas penatalaksanaan infeksi Herpes intraoral berulang. Laporan kasus: pasien perempuan 21 tahun datang ke rumah sakit dengan ulser ireguler yang sakit di rongga mulut dan didahului oleh gejala prodormal, timbulnya vesikel yang kemudian pecah. Hasil pemeriksaan laboratorium menunjukkan titer Immunoglobulin (Ig) M dan IgG anti HSV-I dan II yang reaktif. Acyclovir, multivitamin, stimulus imun, obat kumur klorheksidin 0,2% diberikan dan pasien sembuh. Valacyclovir oral diberikan setelah pasien mengalami kekambuhan dengan hasil penurunan tingkat rekurensi dan perbaikan titer reaktif IgM dan IgG anti HSV-I dan II. Simpulan: valacyclovir oral sebagai obat prodrug Acyclovir yang efektif dalam terapi dan profilaksis dengan berbagai keuntungan dalam mengobati infeksi HSV.

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Infection by Herpes Simplex Virus (HSV) type I and II cause a worldwide medical problems. HSV-I infections are common in oral and perioral area. After primary infection, HSV becomes latent in the dorsal root ganglia and recurrences are caused by many stimuli. Antiviral agents, prevention of transmission, suppression of recurrences are current management of HSV infection. Objective: to discuss the management of Recurrent Intraoral Herpes (RIH) infection. Case report: a 21 years old female patient came to hospital with irregular painful ulcers in her mouth preceded by prodrome, followed with eruption and outbreak of vesicles. The first laboratory examination confirmed high titer of reactive Immunoglobulin M (IgM) and IgG of anti HSV-I and HSV-II. She was diagnosed to have RIH and treated with oral Acyclovir, multivitamins, immune stimulant and 0.2% chlorhexidine gargle with good healing. Oral Valacyclovir was given after she had another recurrence, with the result of low episodes of RIH and continuous titer improvement of reactive IgM and IgG of anti HSV-I and HSV-II. Conclusion: Oral administration of Valacyclovir as a the oral prodrugs of Acyclovir is effective prophylactic and therapeutic option with many advantages against HSV infection.