

## Frequently asked Questions (FAQ's)

### „HerpoTherm“

Last updated: 05/2006

#### **What is lip herpes?**

Herpes simplex labialis is among the most common skin infections and affects more or less 95% of the population. Lip herpes (also known as cold sore) is a viral infection which is provoked by the Type 1 Herpes-simplex virus.

#### **How would I get lip herpes?**

Transmission takes place by way of droplet infection, through direct contact, or as a smear infection. Most of the affected persons have contracted the virus very early in their childhood. However, the infection doesn't by any means manifest itself in everyone. It takes two to twelve days from the time of contraction to the outbreak of the infection.

#### **When is the risk of spreading the herpes-simplex-virus greatest?**

The risk of spreading the herpes-simplex virus is greatest when fluid has already formed in the blisters and these then burst.

#### **When is a break out of lip herpes most likely?**

Whenever the immune system of the infected person is weakened, a re-infection occurs. The virus then spreads along the nerve pathways in the opposite direction towards the skin surface.

#### **What causative agents do exist?**

Causative agents include exposure to the sun's rays, injuries, burns, or systematic causes such as stress, fever, menstruation, or tumorous diseases.

#### **How often can lip herpes break out?**

The frequency for a break out of lip herpes is different from one person to the next. There are people who suffer from lip herpes every fortnight in comparison to others who have lip herpes once to three times a year.

#### **What is HerpoTherm?**

The HerpoTherm is a medical device that is capable of preventing the development of lip herpes when used at the appropriate time. The device in lipstick form is small and compact and can easily be carried around for handy use at any time. Everyone, regardless of gender or age, can use the HerpoTherm. The HerpoTherm is a medical device made in Germany with 100% end control of the prescribed application parameters.

#### **How does the HerpoTherm works?**

The treatment of herpes with the HerpoTherm takes place with the help of concentrated heat in the range of 50-51°C which, when applied at the proper time, prevents the formation of the blisters and quickly suppresses the further symptoms (prickly sensation, burns, itchiness, feeling of tightness, pain). Through the heating of the herpes virus infected cells, a total or partial denaturing of the enzymes or proteins can be achieved. The reproduction of the virus is thereby prevented and the development of the lip-blisters can be stopped.

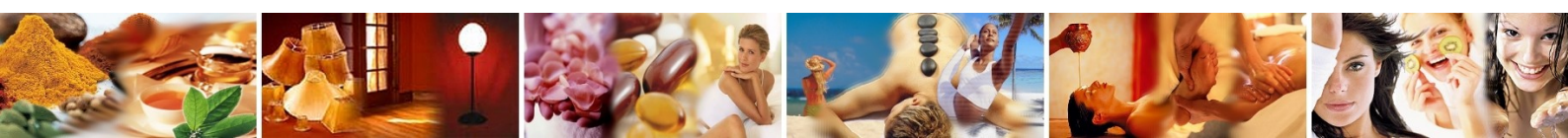
#### **When do I have to apply the HerpoTherm?**

The treatment of lip herpes should be effected as soon as possible upon detection of the first symptoms which normally become apparent before the formation of the herpes blisters occurs.

#### **How do I have to apply the HerpoTherm?**

Take the cap off of the HerpoTherm and place the gold-plated heat patch on the area of the lips affected by the symptoms. Now press the button. The heating-up phase will begin, marked by an acoustic signal. A light diode shows when the functional temperature of the instrument has been reached. The treatment time lasts about 4 seconds. The acoustic signal will sound a second time to mark the end of the treatment. The LED will go out. Now you can remove the HerpoTherm from the lips.

Multiple and repeated applications in the lip area with the HerpoTherm are absolutely possible and should be carried out in accordance with the circumstances (such as lingering or repeated occurrence of the symptoms).



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### ***Can I share my HerpoTherm with another person?***

No. It is of utmost importance to caution that the HerpoTherm should always be used by only one individual. Ignoring this warning can lead to the unintentional contraction of the herpes virus and/or other pathological agents. Furthermore, the user of the HerpoTherm should always disinfect the device after each use, utilizing the disinfectant solution included in the package or another similar one. This procedure should be carefully followed since the herpes virus can be spread from one part of the body to another on the same person.

### ***Can the HerpoTherm cure lip herpes?***

With the HerpoTherm, symptoms of the herpes infection are effectively combated. Infection with the Herpes-simplex virus cannot, however, be reversed.

### ***Are there any side effects when applying the HerpoTherm?***

No undesired side effects of this medical device are known compared to known creams or tablets, which are typically used for the treatment of lip herpes. The test results of the expert medical, dermatological report based on a clinical-dermatological observation of the application of HerpoTherm have concluded that the use of HerpoTherm is sound with respect to dermatological-clinical criteria. The concentrated heat which is used in the treatment can be uncomfortable for some people. However, the danger of a burn has been ruled out.

### ***I am allergic to chrome-nickel. Can I use the HerpoTherm?***

Yes, the gold-plated contact patch of the HerpoTherm makes it possible for people with allergic reactions to chrome-nickel to use the herpes treatment instrument.

### ***I have a pacemaker. Can I use the HerpoTherm?***

Yes, also people with pacemaker can safely use the HerpoTherm.

### ***I am an epileptic. Can I use the HerpoTherm?***

Yes, also people who suffer from epilepsy can safely use the HerpoTherm.

### ***Is the HerpoTherm suitable for children?***

Yes, the HerpoTherm can be applied on children, because even children can be affected by the herpes-simplex-virus and suffer from the break out of lip herpes. The skin of children is more heat sensitive than adult skin. It is therefore recommended to warn the children that the produced heat of the HerpoTherm can be uncomfortable for a short moment.

### ***Are there dermatological reports for the HerpoTherm?***

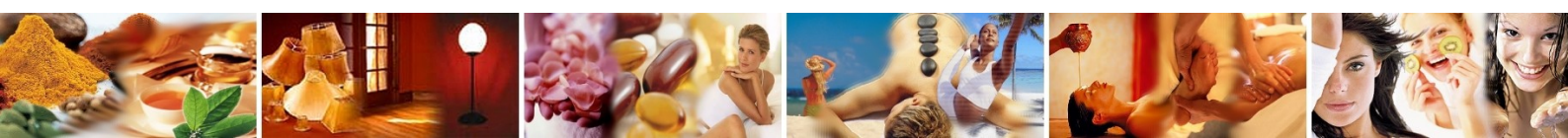
Yes, in dermatological testing the formation of lip-blisters was totally prevented in the test subjects by means of the correctly timed use of the HerpoTherm. When used later, the HerpoTherm causes a less serious cycle and/or an earlier subsidence of the symptoms. The HerpoTherm is a medical device made in Germany with 100% end control of the prescribed application parameters. Undesired side effects or even pathological skin-changes in the area of the lips were ruled out in dermatological testing.

### ***How can I clean the HerpoTherm?***

It is recommended that the disinfection of the contact patch should be carried out after use of the HerpoTherm utilizing a disinfectant solution (for example a disinfection and cleaning towelette). Do not clean the device merely with water.

### ***What is included in the shipping package?***

The shipping package includes the medical device HerpoTherm as well as a lithium-battery Ultra CR2 from Duracell which is needed to operate the device. Furthermore the product packaging includes disinfection towelettes (for recommended disinfection of the device after application), user information and instructions for use.



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### ***How should I behave if lip herpes breaks out after all?***

- Do not share towels, servicing, toothbrushes, cutlery or glasses with other people as a precaution to avoid any risk of infection.
- Do not chew on your finger nails to avoid spreading the herpes virus via your fingers.
- Do not put in your contact lens with saliva. That way you can avoid that herpes viruses attain to the eyes which can cause blindness if the worst comes to the worst. You may wish to consider wear glasses during this time.
- Do avoid direct contact with skin. This includes kissing – in particular babies and newborns.
- Avoid sexual intimacies with your partner (oral sex) so that herpes viruses cannot be transferred from lip area to other regions / genital area.
- Take care during pregnancy so that herpes viruses is not transferred to other regions / genital area.
- Do not irritate the herpes blister.
- Do not remove the scab.

### ***What is to consider during pregnancy?***

The herpes-simplex-virus cannot be transferred inside womb. The baby cannot be infected inside the womb. There is no risk at birth – unless lip herpes broadens to genital herpes. This can occur if herpes viruses have been transferred to genitals through the exchange of caresses. In this case it is essential to call a doctor.

### ***What is to consider when coming in contact with babies and newborns?***

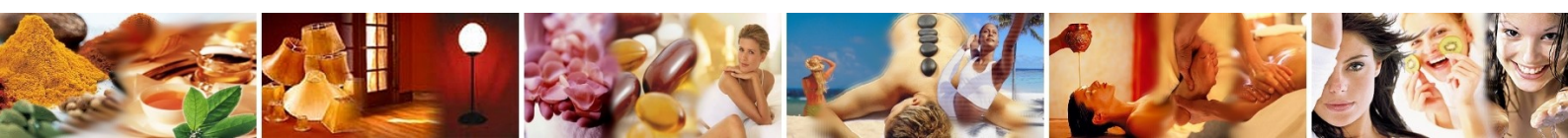
A herpes infection is particularly bad during infancy since the body's defences of newborns are still building up. If the worst comes to the worst there is a risk of meningitis (brain fever). Therefore contact with newborns should be avoided absolutely.

- Do avoid direct contact with skin e. g. kissing in particular babies and newborns. Breastfeeding is always possible considering hygiene measures.
- Do not touch your own infected skin area and after that the child when exchanging nappies or bathing.
- Do not lick-off the dummy.

Please call a doctor at the first indications of an infection of your child. If you notice a beginning attack of lip herpes and you are unsure about the exact diagnose, we would like to ask you to call a doctor – especially on behalf of your child's health.

### ***How should I behave if I notice an unusual development of my herpes infection?***

Please call a doctor!



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***What can I do to build up my body's defences to guard against a break out of lip herpes?***

- Ensure a balanced diet rich in vitamins.
- Moderate exercise.
- Indulge yourself with enough sleep.
- Exercise in the fresh air.
- Protect yourself against a cold in the cold season through warm clothes.
- Try to avoid stress.

***What can I do to get lip herpes as seldom as possible?***

- Care for your inherently sensitive lips.
- Do avoid intensive solar irradiation or use a caring lip stick with high sun protection factor.
- Go slow after climate change to give your body time to acclimatise.

**Use the HerpoTherm when noticing the first symptoms (prickly sensation, burns, itchiness, feeling of tightness, pain). A Breakout or development of these unattractive and sometimes painful blisters can be avoided. Always keep the HerpoTherm with you (e. g. handbag) so that you can use it right away when noticing the first symptoms.**

