

# Herpes Simplex Keratitis Treatment Guidelines

ADULTS		
Epithelial	Local treatment: <b>Topical Aciclovir 5 times a day for 1-2 weeks</b>	Systemic treatment: <ul style="list-style-type: none"> <li>Immunocompromised patients</li> <li>Non-compliance, inability to use or tolerate, or ocular toxicity from topical Aciclovir</li> </ul> <b>Valaciclovir 500mg BD for 7 days</b>
Stromal	Without epithelial ulcer: <b>Valaciclovir 500mg ONCE a day</b> during topical steroid use <b>PLUS</b> <b>Prednefrin Forte eye drops 4-6 times a day</b> tapered over >10 weeks	With epithelial ulcer: <b>Valaciclovir 1g TDS for 7-10 days*</b> <b>PLUS</b> <b>Prednefrin Forte eye drops BD</b> tapered slowly as disease comes under control
Endothelial	<u>Dosage at discretion of ophthalmologist</u> <b>Valaciclovir 500mg ONCE a day to 1 g TDS for 7-10 days*†</b> <b>PLUS</b> <b>Prednefrin Forte eye drops 4-6 times a day</b> tapered over >10 weeks	
Keratouveitis	<b>Valaciclovir 1 g TDS for 7-10 days*</b> <b>PLUS</b> <b>Prednefrin Forte eye drops 4-6 times a day</b> tapered over >10 weeks Refer patient to cornea/uveitis clinic, respectively depending on degree of cornea or uveal involvement	
Prophylaxis	Indications: <ul style="list-style-type: none"> <li>Multiple recurrences of any type of HSK, especially stromal HSK</li> <li>Patients with a history of ocular HSV: <ul style="list-style-type: none"> <li>following any ocular surgery, including penetrating keratoplasty</li> <li>during immunosuppressive treatment</li> </ul> </li> </ul> <b>Aciclovir 400mg BD</b> <b>OR</b> <b>Valaciclovir 500mg ONCE a day</b>	

\* Reduce Valaciclovir to prophylactic dose after 7-10 days and maintain for as long as frequent topical steroids are in use

† There is a lack of clinical evidence to guide dosage in this situation

Adult Renal Dosing for oral antivirals		
CrCl (mL/min)	Dose	Frequency
Normal dosage Valaciclovir 500mg ONCE a day		
<30	500mg	Every 48 hours
Normal dosage Valaciclovir 500mg BD		
<30	500mg	Every 24 hours
Normal dosage Valaciclovir 1g TDS		
30-49	1g	Every 12 hours
10-29	1g	Every 24 hours
<10	500mg	Every 24 hours
Normal dosage Aciclovir 400mg BD		
0-10	200mg	Every 12 hours

## Use in Pregnancy

Aciclovir – Preferred due to more clinical experience. Category B3.

Valaciclovir – Limited data do not suggest an increased risk of congenital malformations. May be used from 36 weeks of pregnancy. Category B3.

## PAEDIATRIC

- Aciclovir is the drug of choice
- Valaciclovir must only be used in children >12 years old

## Paediatric local treatment

<b>3 months to 18 years</b>	<b>Epithelial HSK:</b> <b>Topical aciclovir 5 times a day for 14 days<sup>1,2</sup></b> or for at least <b>3 days</b> after healing, whichever is shorter
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## Paediatric systemic treatment

### Indications:

- Stromal HSK
- Skin involvement
- Coexistent systemic disease
- Non-compliance, inability to use or tolerate, or ocular toxicity from topical Aciclovir
- Immunocompromised patients – seek advice from a Paediatric Infection Diseases Physician

<b>Birth (at term) to 3 months</b>	<b>Seek advice from a Paediatric Infection Diseases Physician</b>
<b>3 months to 12 years</b>	<b>Oral Aciclovir 10 mg/kg (max 400 mg) 5 times a day for 5-7 days<sup>1</sup></b> or until there are no new lesions <b>PLUS</b> <b>Prednefrin Forte eye drops BD-QID a day.</b> (For severe inflammation, consider hourly dosing for 1-2 days <sup>1</sup> )
<b>12 years to 18 years</b>	<b>Oral Aciclovir 10 mg/kg (max 400 mg) 5 times a day for 5-7 days<sup>1</sup></b> or until there are no new lesions <b>OR</b> <b>Valaciclovir 500 mg BD for 5 days<sup>2</sup></b> if first episode (longer if new lesions appear during treatment or healing is incomplete) <b>Valaciclovir 500 mg BD for 3-5 days<sup>2</sup></b> if recurrent episode <b>PLUS</b> <b>Prednefrin Forte eye drops BD-QID a day.</b> (For severe inflammation, consider hourly dosing for 1-2 days <sup>1</sup> )

<sup>1</sup> Dosages taken from Australian Medical Handbook Children's Dosing Companion

<sup>2</sup> Dosages taken from British National Formulary for children

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