Cold Sores

**Assessment:**
The patient presents with recurrent painful vesicular lesions on the lips, consistent with cold sores (herpes labialis). No signs of secondary bacterial infection. The differential diagnosis includes aphthous ulcers, impetigo, and contact dermatitis.

**Plan:**
Recommend antiviral treatment with oral or topical acyclovir or valacyclovir at the onset of symptoms to reduce duration and severity. Advise on pain relief with over-the-counter analgesics or topical anesthetics. Educate the patient on avoiding triggers like stress, sun exposure, and illness. Suggest sunscreen or lip balm with SPF. Follow up if lesions persist or worsen, or if outbreaks become more frequent, at which point chronic suppressive antiviral therapy may be considered.