



Understanding And Treating Scabies Patient Instruction Sheet

What is scabies?

- Scabies is a highly contagious skin disease caused by a tiny mite that burrows in the skin.
- The most common symptom is a rash that itches intensely at night. The rash can be anywhere on your body but is usually on the hands, breasts, armpits, genital area and waistline.
- Scabies can affect men, women and children of all ages. It is easily spread from person to person by close physical contact, such as between family members, sexual partners and children playing at school. Personal cleanliness is not an important factor.

How do I get rid of scabies?

- Your doctor has prescribed a safe and effective treatment that will eliminate the scabies and relieve the itching.
 - To apply, through and gently massage your prescription cream into all skin surfaces from your neck to the soles of your feet. Be sure that infants and elderly patients are also treated for scabies on the scalp, temple and forehead. The cream should be left on overnight for 8 to 14 hours and removed the next morning by bathing and shampooing. Repeat again seven days later.
 - **It is extremely important to put the cream on every square inch of your body: not just where the rash is.** That includes applying it under your fingernails and toenails, around the nail beds between your fingers and toes, and in the cleft of your buttocks and genital area. If you wash your hands or any other area during the treatment period, new cream must be applied immediately.
 - Other family members may be infected and may well need treatment. Everyone affected should be treated at the same time. Consult your dermatologist.
 - Itching, mild burning and/or stinging may occur after application of the cream.
 - In addition to the above you may be given a shot or other medication to relieve the itching.
 - Be sure to change your clothes and bed linens, and have all the affected articles washed at the same time on a hot cycle or professionally dry cleaned. Alternatively, since mites die on clothing after 2-3 days, set the contaminated clothing aside for a few days. It is not usually necessary to clean sweaters, jackets, furniture, drapes or rugs.
 - You will not usually be contagious after one treatment if these instructions and your physician's directions have been followed carefully. The scabies mites will be gone in a matter of days; however, the rash and itching may persist up to four weeks after treatment. This is rarely a sign of treatment failure and is not necessarily an indication for retreatment. If itching is excessive or if irritation persists, consult your physician.
 - Avoid contact with your eyes. If the cream accidentally gets in your eyes, flush with water immediately.
- BE SURE TO SEE YOUR DERMATOLOGIST FOR YOUR FOLLOW-UP EXAMINATION IF IT HAS BEEN SCHEDULED.**