

**SCABIES** Scabies is a highly contagious skin disease caused by a tiny mite too small to see with the naked eye. It is spread by skin-to-skin contact. The most common symptom is a rash that itches intensely at night. Scabies can affect men, women and children of all ages. Close physical contact, such as between family members, sexual partners and children playing at school can easily spread the mite from person to person. It is not a sign of poor personal hygiene.

#### **Treatment**

We have prescribed Elimate (permethrin) cream to kill the scabies mites. Thoroughly and gently massage the Elimate cream into all skin surfaces from your neck down to the soles of your feet. Infants should also be treated on the neck, scalp, temples and forehead. **The cream should be left on overnight for 8 to 14 hours and removed the next morning by bathing or shampooing.**

**Elimate cream should not be used if you are pregnant or nursing. Be sure to tell your provider if you are pregnant or nursing.**

**It is extremely important to put Elimate on every square inch of your body below the face - 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 re-applied immediately. **Avoid contact with your eyes. If the medicine accidentally gets in your eyes, flush with water immediately.** Itching, mild burning and/or stinging may occur after application of the medicine.

**Elimate cream treatment must also be repeated one week later.** Everyone in the same household and other intimate contacts should be treated initially at the same time, even if they are not itching. If they are itching, treatment should also be repeated in 1 week. If they are not itching, one treatment is enough.

Launder all bedding before treatment. After your treatments with Elimate (permethrin), be sure to change your clothes and bed linens, and wash all the affected articles at the same time on a hot cycle or professionally dry cleaned. All clothing worn over the previous three days should also be washed. The mite survives only three days off the skin; therefore, any clothing (jackets, sweaters, etc.) that will not be handled for greater than three days does not need to be treated. If you prefer, recently worn jackets, sweaters, blankets, etc may be placed in a sealed plastic trash bag for one week to enhance the chances that any mites on them would die. It is not usually necessary to clean furniture, drapes or rugs.

You will not usually be contagious after treatment if these instructions 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 successful treatment.** This is rarely a sign of treatment failure and is not necessarily an indication for re-treatment. We often prescribe a cream to apply two to three times a day to help relieve post-scabetic itching. If itching is excessive or if irritation persists, please call us.

#### **MEDICATION SUMMARY:**

**Elimate (permethrin) cream:** Apply to every square inch of your body from the neck down, leave on overnight for 8-14 hours and repeat in 1 week.

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two times three times daily for two weeks.

**Atarax (hydroxyzine) 10mg tablets.** Take one to three tablets as needed for itching at bedtime. Do not drive after taking this medication as it can make you very sleepy. It may leave with you with a feeling of "grogginess" the following morning.