

Southside Dermatology

Scabies – Treatment

The entire family must be treated at the same time. Most people find it easier to do treatments at night.

For children (over age 2), teens or adults:

Apply 5% permethrin cream to the skin from the chin and back of hairline all the way down to the bottoms of the feet. **DO NOT SKIP AREAS.**

Commonly missed areas are: spaces between fingers or toes, toenails, fingernails, the belly button, the fold between the buttocks, the folds in the groin and genital area. If any areas are missed, scabies mites may survive and start the process over again.

Wait to bathe or shower again for at least 8-12 hours. If you wash hands before the end of the treatment time, reapply medication to the hands.

Repeat this entire treatment in one week.

Scabies mites can survive several days on the clothing and bedding. **ALL CLOTHING AND BEDDING** that you use for the next 2 weeks should be freshly laundered. Hand items that require dry cleaning (coats, suits etc...) in a separate part of the closet in a plastic bag and so not touch them for 2 weeks.

This medication can cause irritation. Most people have drier, itchier skin after treatment.

To reduce the itching due to scabies, you can take diphenhydramine (Benadryl) 25-50 mg by mouth every 3-4 hours as needed. If you have glaucoma, prostatic hypertrophy, or take sedatives or tranquilizers, check with your primary care provider before taking. Do not use if you operate heavy or high-speed machinery or drive a car, truck or bus.

For immediate reduction of itching, apply an ice bag, a gel-filled cool pack, or cool wet cloths.

Even when treated correctly, your skin may continue to itch for 4 or more weeks. Itching decreases gradually over time, not immediately.