

PARENT EDUCATION

Skin Disorders

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Insect Bites:

- 1). A dash of meat tenderizer (papain powder) and a drop of water massaged into the sting site for 5 minutes will quickly relieve the pain. If these ingredients are not available, an ice cube often helps.
- 2). Antihistamines such as Benadryl or Atarax can help relieve the itching.
- 3). Cool compresses over the bite site.
- 4). Soothing lotions such as Calamine lotion can be used.
- 5). Topical steroid creams are rarely effective.
- 6). Insect repellents containing diethylmethatoluamide (DEET) may afford moderate protection against mosquitos, fleas, flies, chiggers and ticks but are relatively ineffective against wasps, bees and hornets.
- 7). An effort should be made to identify and eradicate the agent. Pets and the house should be inspected and mattresses, rugs, furniture and animal sleeping quarters should be decontaminated if necessary.

Chicken Pox:

- 1). Do not use Aspirin containing products
- 2). Keep your child home and away from other children and adults who have never had chicken pox for at least 5 days after the rash has started and until all lesions are scabbed over. Hands should be washed after touching the patient and child should use personal towels and utensils.
- 3). Cut finger nails and prevent child from scratching the lesions which might leave scars and cause lesions to get infected.
- 4). Use Benadryl and/or calamine for the itching
- 5). Watch for the following:
 - Lesions that are very painful and covered with thick gold yellow scabs.
 - Very high fever more than 102.5° F, especially a fever that persists for more than one to two days.
 - Child is fussy, not active, not eating or acting unwell. Child has decreased alertness.
 - Persistent bad cough, chest pain or difficulty breathing.
- 6). Don't use ibuprofen products like Advil or Motrin. Don't use any steroid cream.

Impetigo:

- 1). Cut and clean finger nails.
- 2). Wash scabs three times daily with washcloth and soap. You may use hydrogen peroxide for dry crusts. It is very important to remove the crusts.
- 3). Keep the child's washcloth and towels separate.
- 4). Give antibiotics as prescribed.
- 5). Please call back if not better by 5 days.

Acne:

- 1). Acne can be aggravated by a variety of chemicals. Avoid using oil based cosmetics, face creams, hair sprays and aftershaves with alcohol, spices or lime in them. Use only mild soap like Dove. Stay away from abrasive soaps and harsh shampoos.
- 2). Washing and scrubbing too frequently doesn't make your acne go away faster. It could make it worse. Don't even pick or squeeze pimples.
- 3). Don't use any cream or medication unless you check first with your doctor.
- 4). If Retin-A is prescribed, extra dabs on pimples won't make them go away faster. Too much could actually irritate your skin.
- 5). Protect your skin when outdoors especially try to avoid extreme hot or cold weather conditions. They can worsen the irritating side effects. Besides using a sunscreen and a moisturizer, keep your face covered when it is cold and windy. A baseball cap and scarf can help to protect your face.

Diaper Rash:

- 1). Use a protective ointment such as Zinc Oxide if a rash develops.
- 2). Wash area well after every bowel movement. Allow area to air dry.
- 3). Frequent diaper changes are helpful.
- 4). Keep the diaper off as much as possible. This may be more reasonable at night or with wet naps.
- 5). If the rash is not better please call our office.