Scabies Treatment
Instructions for application of cream or lotion
(for external use only)

Do not bath or shower before putting on the cream.
Make sure you have been supplied with enough cream or lotion before starting to apply it.

1. Remove all clothing. Remember to take off watches and rings. If it is not possible to remove a ring, move it to one side, then treat the skin surface that is normally underneath the ring. Wait for the skin to dry before returning the ring to its normal position.

2. The cream or lotion needs to be applied to the whole body surface including the scalp (all over the body from head to toe), only avoiding the eye area and inside of the nose and mouth.

3. Squeeze the cream into the middle of your hand or tips of fingers. If a lotion has been prescribed, this is best applied using a small paint or pastry brush.

4. Apply to the skin.

5. Take special care to get it into all the skin creases of the body, e.g., nipples (Scabies treatment should be washed off nipples before breast feeding then re-applied), scrotum and between the buttocks (bottom). Particular attention needs to be paid to the skin between the fingers and toes, under the nails and behind the ears. You will need someone to apply the cream or lotion to your back.

6. Let the cream or lotion dry before getting dressed or it may rub off. This takes 10–15 minutes.

7. Do the soles of your feet last after the body treatment has dried. This is best done with your feet resting on top of or dangling over the side of the bed.

8. Do not bath or shower during the treatment period.

9. Put more cream or lotion on any body parts that you may have to wash, e.g., hands, during the treatment period. Depending on the treatment used, this may be for up to 24 hours after first applying the cream or lotion. Seek advice from your local chemist, GP or Skin Specialist.

10. Application of the cream or lotion is best done in the evening.

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