

## Scabies treatment

### Patient instructions for application of cream or lotion (for external use only)

- **Do not bathe or shower before putting on the cream or lotion.**
  - **Make sure there are 2-3 x 30 g tubes for 1 treatment application and 4-6 tubes for two treatment applications before starting the treatment**
1. Application of the cream or lotion is best done in the evening.
  2. Wash hands.
  3. Remove all clothing and jewellery.
  4. The cream or lotion needs to be applied to the whole body (apply externally all over the body from chin and ears to toe). 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. In the very young, elderly and immunosuppressed, apply to the scalp and face, avoiding the eyes and lips.
  5. Squeeze the cream into the middle of the gloved hand or tips of fingers. If a lotion has been prescribed, it can be poured into a bowl and a disposable sponge or disposable cloth used to apply it. The sponge or cloth should be disposed of after completion of the treatment.
  6. Apply to the skin.
  7. Take special care to get it into all the external skin creases of the body, e.g. under breasts, the nipples (scabies treatment should be washed off nipples before breast feeding, then re-applied after breast feeding), 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. Mittens may be used to prevent infants putting treated hands into their mouths.
  8. Let the cream or lotion dry before getting dressed or it may rub off. This takes 10–15 minutes.
  9. Do the soles of the feet last after the body treatment has dried. Do not bathe or shower during the treatment (Lyclear dermal cream [permethrin 5%] 8 hour treatment or Derbac – M [malathion] 24 hour treatment).
  10. Apply more cream or lotion on any body parts that may have to be washed, e.g. hands, during the treatment period. Depending on the treatment used, this may be for up to 24 hours after first application of the cream or lotion.