

Scabies treatment

Patient instructions for application of cream (for external use only)

- **Do not bathe or shower *immediately* before putting on the cream.**
 - **Make sure there are 4-6 tubes for two treatment applications before starting the treatment.**
 - **The treatments should be applied one week apart.**
 - **Use clean bed linen on day of treatment.**
1. Application of the cream is best done in the evening onto clean, cool, dry skin.
 2. Wash hands.
 3. Remove all clothing and jewellery. If it is not possible to remove a ring during application of treatment, 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.
 4. The cream needs to be applied to the whole body (apply externally all over the body on the skin of the face, scalp, and down to the soles of the feet), avoiding the eyes, nose and mouth.
 5. Squeeze the cream into the middle of the hand or tips of fingers.
 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), genitals 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 to your back. This person should wear disposable gloves and wash their hands after removal of the gloves.
 8. Let the cream dry before getting dressed or it may rub off. This takes 10-15 minutes. Mittens may be used to prevent infants putting treated hands into their mouths.
 9. Apply to the soles of the feet last after the body treatment has dried.
 10. Leave the cream on for 8-12 hours (overnight treatment will help to ensure this).
 11. Do not bathe or shower during the recommended treatment time.
 12. Apply more cream on any area of the body, e.g. hands, genitals, that are washed during the treatment period.