

## **HIVES (Urticaria)**

Hives are an allergic response of the skin causing raised, red, and itching areas. The hives may last for a few minutes or hours, disappear, and then break out in another location. Hives often disappear in 12-48 hours.

There are hundreds of possible causes for hives including medication, foods, insect bites, over-exertion, infection, and emotional factors.

### **Treatment**

1. Activity - Decrease usual activities until the hives are gone, Particularly avoid getting hot and sweaty.
2. Diet - If foods are thought to be a factor, prepare and maintain a food diary to help identify offenders.
3. May use Benadryl (25-50mg) every 6 hours as needed, if no allergy to medication.
4. Wear loose-fitting clothes.
5. Do not take hot baths or showers. Tepid baking soda water baths, however, may be comforting.

### **Report to the Emergency Room immediately if any of the following occur:**

1. Shortness of breath or wheezing.
2. Tight or constricted feeling in the throat or difficulty swallowing.
3. Swelling of the lips.

Contact your physician if you have any questions or problems.