

# Woodstock Surgery



## Summer Insect Bites

### **Prevention**

- Apply insect repellent liberally to all exposed areas, especially in the evening.
- Cover arms and legs if possible. Wear substantial footwear if gardening, e.g. wellies and tuck your trousers in your socks.

### **Treatment**

- Apply 1% hydrocortisone cream, ointment or ibugel
- If you have reacted badly to bites in the past take Piriton tablets (at the recommended dosage) if you are able. These are available without prescription.
- The area may become inflamed and swollen; this does not necessarily mean the bite is infected. Rest and elevation if the leg or arm is affected and ice packs may relieve symptoms.

### **You will need to see a doctor or nurse if**

- Symptoms get worse after 5 days
- The area becomes more inflamed and painful after 5 days
- You feel unwell or have a temperature during that time
- The bite causes swelling to the face/eye/mouth – seek advice urgently