



Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- Scabies

Diagnosis: **SCABIES**

GENERAL INFORMATION:

- Caused by infestation of the skin by the mite, *Sarcoptes scabiei*
- Transmitted by close person-to-person contact
- This is severely itchy, especially at night
- Clinical features
 - Usually distributed on the sides and webs of fingers, flexor wrists, extensor elbows, folds, periumbilicus and genitalia.
 - Infants often have more severe eruption with involvement of scalp, face, palms & soles

TREATMENT RECOMMENDATIONS:

- Permethrin 5% cream to all areas of the body from the neck down (For infants, medication should be applied to the entire body including the face and scalp). Wash off after 8-14 hours. **Repeat in 1 week.**
 - Permethrin appears to be safe and effective even when applied to infants less than 1 month of age. For infants <1 month of age, 5% precipitated sulfur in petrolatum.
 - Cotton mitts or socks on the hands of infants and young children at bedtime will help prevent them from rubbing the cream into their eyes
- **Post-scabietic pruritus: itching may persist up to 4-6 weeks after successful eradication of scabies.** Please consider prescribing an oral antihistamine (e.g. hydroxyzine) and a medium potency topical steroid (e.g. triamcinolone 0.1% ointment).
- **All household members and close contacts should be treated at the same time as the patient with permethrin cream, even if they do not have skin lesions/rash.** Failure of close contacts to undergo treatment is a frequent reason for treatment failure in the affected patient due to re-infestation.
- Recently used (within several days before treatment) clothing, bedding, towels, stuffed animals etc. should be washed in hot water and dried at high heat. Items that cannot be washed may be bagged for 1 week

REFERRAL GUIDELINES: Please do not refer a patient for scabies unless the patient and all household contacts have been simultaneously treated. Please wait for 4-6 weeks after treatment to assess response prior to referral.



UNDERSTANDING AND TREATING SCABIES

WHAT IS SCABIES?

Scabies is a very itchy skin problem caused by a mite that is too small to see with the naked eye. Scabies is highly contagious and can affect anyone. It is usually spread from person to person by close physical contact. Less commonly, it can be acquired by bedding, clothes, or towels.

HOW DO YOU TREAT SCABIES?

1. Your doctor has prescribed Elimite™ (permethrin) 5% cream. To apply, thoroughly and gently massage the cream into all skin surfaces from the jaw line to the soles of the feet. Infants and elderly persons should also apply the cream to the scalp and face, avoiding the eyes and mouth. It is very important to apply the cream all over the skin, not just the rash. That includes applying it between the fingers and toes, under the nails, in the cleft of the buttocks and genitals.
2. The cream should be left on overnight for 8 to 14 hours and washed off with soap and water the next morning. Cotton mitts or socks on the hands of infants and young children at bedtime will help prevent them from rubbing the cream into their eyes. If the cream accidentally gets in the eyes, flush with water immediately. Treatment should be repeated one more time in 7-10 days.
3. Everyone in the household and close contacts (e.g. babysitters and grandparents) should be treated at the same time, even if they do not have a rash. Persons without a rash should be treated as above, but do not have to repeat the treatment a second time.
4. Recently used (within several days before treatment) clothing, bedding, towels, stuffed animals, etc. may be bagged for several days, machine washed and then ironed or dried in a hot drier, or dry cleaned. It is not necessary to treat furniture, drapes, or rugs.
5. Even when these instructions and your physicians' directions have been followed carefully, itching may continue for up to 4-6 weeks after successful treatment and will be addressed by your doctor. This does not usually mean that the treatment needs to be repeated. However, if new rash occurs, please call your doctor.

OTHER INSTRUCTIONS:
