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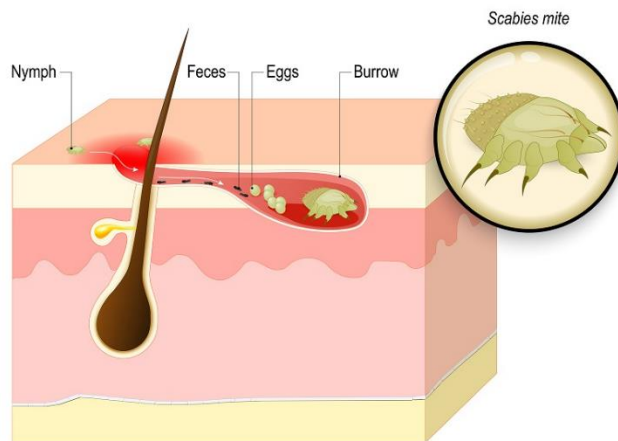
Scabies

(An intensely itchy rash caused by tiny mites in the skin)

What Is Scabies?

Scabies is a skin infestation caused by the **human itch mite**. The mites burrow just under the skin, which triggers an allergic reaction that leads to **intense itching** and a **pimple-like rash**. It commonly spreads through **close skin-to-skin contact** and can also spread through infested bedding, towels, or clothing.

Scabies



What Does a Scabies Rash Look Like?

Scabies often causes:

- **Intense itching**, especially at night
- Small **itchy bumps** or a **raised rash**
- Tiny **burrows** that may look like short, wavy lines with a dot at one end
- Scratch marks or sores from rubbing and itching too much.

Common areas include:

- Between the fingers
 - Wrists
 - Elbows
 - Armpits
 - Waistline
 - Buttocks
 - Around the nipples
 - Genital area
 - Shoulder blades.
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Who Can Get Scabies?

Anyone can get scabies. It is not a sign of poor hygiene. It often spreads among household members, sexual partners, and people living in close-contact settings. Human scabies comes from **human mites**, not from pets.

How Is Scabies Diagnosed?

Scabies is often diagnosed based on the **pattern of itching and rash** plus a skin exam. In some cases, a dermatologist may identify a burrow or use additional tools to confirm the diagnosis. Because scabies can look like eczema, bites, or other itchy rashes, a medical evaluation is important when the itch is severe or persistent.

How Is Scabies Treated?

Scabies requires **prescription treatment**. Common treatments include:

- **Permethrin 5% cream**, which is FDA-approved for people age 2 months and older
- In some cases, **oral ivermectin**
- Repeat treatment may be needed, often about **1 week later**, depending on the plan.

It is also important to treat **close contacts** when advised and to clean clothing, bedding, and towels on the day treatment begins. Mites can survive away from human skin for a short time, so environmental cleaning helps prevent reinfestation.

Pre-Op Instructions

(Before starting scabies treatment)

- Bathe or shower before applying medication if instructed.
 - Apply treatment to **clean skin** exactly as directed.
 - Most treatments are applied from the **neck down**; infants and young children may also need treatment on the **scalp and face** if instructed by their clinician.
 - Trim fingernails short to reduce skin injury from scratching.
 - Wash clothing, towels, sheets, and blankets the day treatment begins. Vacuum carpets and upholstered furniture if advised.
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Post-Op Instructions

(After starting treatment)

- Itching may continue for **several weeks** even after the mites are dead. This does not always mean treatment failed.
- Use medications exactly as directed and repeat treatment if your clinician instructs you to.
- Avoid close skin-to-skin contact until treatment has had time to work.
- Continue gentle skin care and avoid scratching as much as possible to reduce sores and infection risk.

Call the office if:

- The rash keeps spreading
 - New bumps continue appearing after treatment
 - You develop pus, increasing redness, fever, or worsening pain
 - You think you may have **crusted scabies**, which is a more severe form and needs more aggressive treatment.
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When to Seek Prompt Care

Seek prompt medical evaluation if:

- You have severe itching with a new rash
- Several people in the home are itching
- You have a weakened immune system
- You develop widespread crusting or very thick scaly skin. Crusted scabies needs a different, more intensive treatment plan.

Scabies Rash FAQ

Is scabies contagious?

Yes. Scabies spreads mainly through **direct skin-to-skin contact** and can also spread through infested bedding, clothing, or towels.

Is scabies caused by poor hygiene?

No. Anyone can get scabies. Cleanliness does not prevent it completely.

Why is the itching worse at night?

Nighttime itching is one of the most common symptoms of scabies.

How long does it take to get rid of scabies?

The mites can be killed with proper treatment, but itching may continue for a few weeks because the skin is still reacting to the mites and their debris.

Do I need to treat everyone in my house?

Often, close contacts and household members need treatment guidance to prevent passing it back and forth.

Can pets give me scabies?

No. Human scabies is caused by the **human itch mite**. Pets do not need treatment for human scabies.

What is crusted scabies?

Crusted scabies is a severe form with thick crusts and a very high mite burden. It usually requires both **topical and oral treatment**.