



Sting or Bites

- ❖ Ice for 24 hours
- ❖ Elevate for 3 days, can massage to reduce swelling
- ❖ Hydrocortisone cream (Cover area and continuously apply)
- ❖ Antihistamines (Claritin during the day, Benadryl at night and Zantac)
- ❖ Anti-leukotriene (Singular)
- ❖ Anti-inflammatory (Steroid injection, steroid tabs, and NSAIDS like Motrin or Aleve)
- ❖ If a lot of swelling occurs we can give you a steroid shot

If cellulitis occurs (infection)

- ❖ Antibiotic ointment at the sting or bite site
- ❖ Oral Antibiotics
- ❖ If you have had a serious reaction ask your provider for an EpiPen or similar product