

MATTHEW S. COHEN, MD FAAP  
PATIENT INSTRUCTION SHEET

**CHICKEN POX**

Chicken Pox is an infection caused by a virus (Varicella).

**SYMTPOMS:**

The rash starts on the trunk and then spreads to the face and inside of the mouth, scalp, arms, and legs.

The rash first looks like small red bumps that fill with water and look like blisters. After a few days, scabs form over the blisters. The rash is very itchy. New blisters can appear every day for 2 – 7 days; some parts are healing as other parts break out.

The contagious period is four days before the rash begins to the day when all the bumps have scabs.

**TREATMENT:**

1. Keep your child home until scabs have formed over the last group of bumps – usually 5-6 days.
2. Avoid scratching. Consider putting cotton mitts on your child’s hands at night to prevent him/her from scratching while sleeping. If your child is itching, use the medication prescribed (usually an antihistamine).
3. Keep fingernails short and clean.
4. Have your child bathe every other day in the tub in luke warm water. Never bathe in hot water as this will increase the child’s itching.

**Medications for Chicken Pox:**

For fever, give your child: Motrin \_\_\_\_\_ every 6 hours  
**OR**  
Tylenol \_\_\_\_\_ every 4 hours

For itching: give your child: \_\_\_\_\_ every \_\_\_\_\_ hours

**DO NOT USE ASPIRIN.**

Your child may return to school once rash has scabbed over and most scabs have fallen off.

**Special Instructions:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If you have any questions, please call.

