

MATTHEW S. COHEN, MD FAAP  
PATIENT INSTRUCTION SHEET

**HIVES (URTICARIA)**

The doctor has diagnosed your child with an itchy rash called **Urticaria (hives)** which may be an allergic reaction.

Some common causes of hives are medication, contact with bushes or grass, food, perfume, heat, cold, a viral infection, and even anxiety or stress. However, in most cases, a cause cannot be found.

**HOME TREATMENT:**

- Don't worry, as most cases of hives will disappear with time. The rash can look like it is coming and going, but it can last up to 2-3 weeks before disappearing completely.
- If you notice that a certain plant or food causes your child to develop hives, try to avoid it.
- You may be given some medicine for itching; give it to your child as directed.

Name of medicine: \_\_\_\_\_ Dose: \_\_\_\_\_

**WARNING:**

While Urticaria is generally a benign condition, it is important to recognize the signs of the more serious condition known as anaphylaxis. If anaphylaxis is suspected, call 911 immediately.

- Swelling of the oral mucosa (lips, tongue)
- Difficulty swallowing
- Itchy, scratchy throat
- Difficulty tolerating secretions (saliva)
- Abdominal pain
- Vomiting
- Rapidly progressing rash
- Impending sense of doom

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

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If you have any questions, please call.