

Urticaria

Take zyrtec during the day and Benadryl at night. Do not wear or use anything new or different or have any chemicals on it Use hydrocortisone cream on rash. Follow up with your doctor. You may need an allergist if it recurs Monitor your symptoms carefully. Return any new or worsening symptoms especially any throat tightness tongue swelling or trouble breathing We will continue oral steroids Stop steroids if any abdominal pain or black or bloody stools. Start the steroids in the morning and do not take ibuprofen within 6 hours. Take steroids with food Monitor your symptoms closely Avoid getting hot or rubbing skin Keep fingernails short