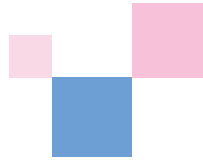


KK Women's and
Children's Hospital
SingHealth

Insect Bites and Papular Urticaria



Useful telephone numbers

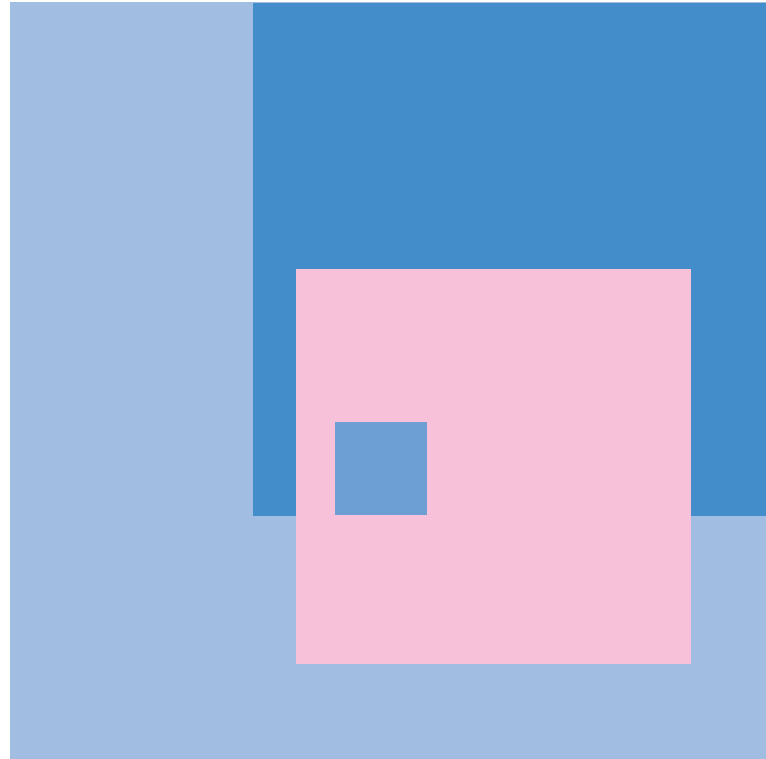
Appointments/ Specialist Outpatient Clinics
Enquiries Hotline +65 6294-4050
KK Ask-A-Nurse Service 1900-KK-Nurse or
1900-55-68773
(chargeable at S\$0.80
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Insect/ mosquito bites

- Insect bites are very common in children, with mosquito bites being the most common. Mosquitoes can also spread diseases, such as dengue and malaria.
- Mosquitoes are attracted to bright clothing, heat, and human smells, particularly those of young children.
- Most mosquito bites produce small, red, itchy bumps that resolve after one to two days. However, in some children, they may produce large, very itchy and red wheals, sometimes with blisters that may last for several days. A central “punctum”, where the insect has bitten the skin, is usually seen.



- Prevention of insect bites include the use of insect repellents, mosquito patches, use of protective clothing, and avoiding areas usually infested with insects during the hours of dawn and dusk (eg. parks, beach). Stagnant water in homes and gardens should be discarded regularly.
- Treatment of insect/ mosquito bites includes oral antihistamines, cool compresses and topical anti-itch agents such as calamine lotion and potent steroid creams.

Papular urticaria

- Papular urticaria is a relatively common skin condition in children.
- It is caused by over-sensitivity to a variety of insect bites, especially those of mosquitoes, fleas, bed bugs and mites. It can sometimes occur one or two days after the initial bite.
- Patients complain of itchy, red, round bumps or wheals, usually on the exposed sites of the body (eg. legs, arms and face). Often the bumps may appear in groups or in a row. Recurrent episodes are common, especially if there is continued exposure to the insects.
- Scratching can result in open, oozy, infected wounds. These may require antibiotics for treatment.
- After healing, a dark spot (post-inflammatory hyperpigmentation) may appear and last for several months.
- Treatment includes oral antihistamines and topical steroid creams. Sometimes, if severe, a short course of oral steroids may be required to decrease the severe itch.
- Prevention of further insect bites is important to prevent recurrence of papular urticaria (see above).