

Tips for Managing Itching

Things you can do on your own



- Apply anti-itching lotion (such as Calamine® or Sarna®) 2-3 times per day
- Add baking soda or oatmeal to your bath water
- Use gentle soap; avoid harsh chemicals, perfumes, and detergents
- Avoid getting sweaty, and rinse off if you are sweaty
- Keep your nails clean and short to avoid injury when scratching
- Try applying cool, moist cloths instead of scratching
- Eat a healthy diet, and stay hydrated by drinking 6-8 glasses of water each day
- Use an air humidifier to keep the air in your home moist

See the Other Resources page for more information

With over-the-counter medications



- Apply moisturizing or anti-itch lotion to your skin
- If your itching keeps you up at night, ask your care team about taking an antihistamine, like Benadryl
 - Benadryl often relieves itching and can be taken every 4 to 6 hours. Please be aware that it can make you sleepy.
 - You can buy Benadryl at your local pharmacy
 - Benadryl is available as a pill, liquid, spray, or gel

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.

With the help of your care team



- Your care team may prescribe a topical steroid to help manage itching

When to call your care team for help



- If your skin or eyes appear yellow in color
- If your pee is brown like tea
- If you have signs of an infection such as redness along your incision, drainage of pus, or a fever of 100.5°F (38°C) or higher
- If the itching may be associated with a new medication

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