Insect Bites Treatment

Self-Care at Home

Treatment depends on the type of reaction. If there is only redness and pain at the site of the bite, application of ice is adequate treatment. Clean the area with soap and water to remove contaminated particles left behind by some insects (such as mosquitoes). These particles may further contaminate the wound if not removed. Refrain from scratching because this may cause the skin to break down and an infection to form.

You may treat itching at the site of the bite with an over-the-counter antihistamine such as diphenhydramine (Benadryl) in cream or pill form. Calamine lotion also helps relieve the itching.

People who have a history of severe reactions to bites or stings may have been prescribed an anaphylaxis kit. The kit contains an epinephrine injector (you give yourself an injection), tourniquet, and an antihistamine. The kit should be used according to the doctor's instructions.

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