Sea Sponge Irritation Treatment

- Apply soaks of topical acetic acid (vinegar) or isopropyl alcohol to the irritated area until the pain is relieved.
- Apply adhesive tape to the area of irritation and peel it off to remove sponge particles that may be on the skin. Follow this with additional vinegar or alcohol soaks.
- Hydrocortisone cream may be applied 2-3 times daily to relieve itching. Discontinue immediately if any signs of infection appear.
- Treat itching with diphenhydramine (Benadryl) 25-50 mg every 6 hours and 1 ranitidine (Zantac) tablet every 12 hours for 3-4 days.
- If the wound shows any evidence of infection, such as redness, pus, pain, foul odor, heat, or fever, antibiotics are usually recommended. Continue antibiotics for at least 5 days after all signs of infection have cleared. Check for drug allergy prior to starting any antibiotic. A doctor can recommend the right antibiotic. Some antibiotics can cause an increased sensitivity to the sun, so use a sunscreen (at least SPF 15).

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