



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY FROM PAPULAR URTICARIA

1. People suffering from "papular urticaria", are allergic to insect bites including house mites.
2. House mites, which are invisible to the naked eye, may exist in carpets. Carpets should therefore be disinfected periodically using chemical means (insecticides).
3. Avoid places with a thick growth of weeds so as to avoid insects.
4. To prevent lesions becoming worse, avoid scratching which may lead to secondary infections, and use antipruritic ointments regularly.

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