



Kapa'a Pediatrics, LLC

HIVES

What is it? Hives (urticaria) is an itchy rash made up of raised pink spots with pale centers. The cause of hives is not always known. Foods, dyes, preservatives, medications, infections and insect bites are a few of the more common triggers.

What to expect? Usually hives go away within a few days, but can last for months. One of the most important characteristics of hives is that they almost always come and go to various areas around the body. Repeated trigger exposure, sudden temperature changes (i.e. hot or cold showers), or friction can make hives worse.

Treatment options? Zyrtec (non-sedating antihistamine) can be bought over-the-counter, and used every day until it resolves. Benadryl (sedating antihistamine) can also be used at night to help with sleep if the itching is severe. If hives are severe there are a few more medications that we might try to help provide some relief. Make a food diary of all foods eaten within 3 hours prior to the hives onset. This may help identify if there is a food trigger.

ZYRTEC (CETIRIZINE HYDROCHLORIDE)

	Frequency	2-5 years old	6 years-adult
Zyrtec Syrup	once daily	2.5mg	5-10mg
Zyrtec Tablets	once daily	N/A	5-10mg

When to call your doctor?

- Face/tongue/neck swelling, coughing, drooling, difficulty breathing
- Fever and hives at the same time
- Hives that are lasting longer than 2 weeks
- Additional symptoms besides hives, like sore throat, vomiting, abdominal pain, cough

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***