



Kapa'a Pediatrics, LLC

Insect Bites

Common insect bites seen on Kaua'i

- **Mosquito:** Small to large, red and swollen, itchy bumps. Usually only 1 or 2 bites unless there is a history of your child playing in an area with a lot of mosquitos.
- **Ant/Flea/Bed Bugs/Mites/Sand Fleas:** Small red bumps. Usually very itchy. Commonly, many bites occur at night, and are noticed in the morning.
- **Spider:** Classically, these bites have a small necrotic spot in the middle, but are not initially painful. There is an increased risk of infection with these bites.
- **Centipede:** Bite is extremely painful. The toxin causes a lot of swelling at the bite site.
- **Blister Beetles:** Small to large, clear to yellow fluid filled blisters, with little to no surrounding redness. Usually NOT tender. Very low risk of infection.
- **Bee Stings:** Usually only one site, with a break in the skin where the stinger went into the skin. Surrounding area can be red, itchy, and hard. Always be aware for possible allergic reaction, usually will occur within 1-2 hours of the initial sting.

Treatment

- **Circulation:** This is the most important concept to prevent infection. When the bite occurs, the surrounding tissues gets swollen and blood flow to that area gets compromised. **Alternating hot and cold compressions (10 min hot, 10 min cold) as often as possible will help to maintain circulation in the area and prevent infection.**
- **Monitoring for infection:** Take pictures. Your phone is a great tool to keep track of the progress of the bite. Take pictures of the bite site two times per day, or use a permanent pen to outline the redness from the bite.
 1. In general it is okay to watch the insect bite increase in redness and swelling for 48 hours, at which time the size of the bite should stabilize. **If there is any progression after 48 hours, infection is likely, please call for an appointment.**
 2. Fever is not consistent with insect bites, so please call us if fever occurs.
 3. Pain from a bite should NOT last longer than 24 hours in general. If so, it may indicate infection.
- **Itching:** Steroid cream (Hydrocortisone, Triamcinolone, etc), Benadryl cream can be used 2 times per day. Oral Benadryl can be used at night for difficulty sleeping.

*** 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 ***