



Hives/Urticaria

Urticaria is characterized by the appearance of pruritic, erythematous elevations that blanch with pressure, indicating the presence of dilated blood vessels and edema in the dermis.

- Hives can appear anywhere
- Are associated with itching
- Individual lesions resolve within 48 hours
- Acute Urticaria is a self-limited disorder that usually lasts for a few days
- Commonly caused by an allergic reaction to a food or drug
- May be associated with viral illness in children

Certain foods are associated with Urticaria outbreaks - Avoid the following foods:

Shellfish	Chocolate	Vinegar
Tomato Sauce	Cheese	Pickled foods
Melons and Strawberries	Yogurt	Herbal teas
Frozen dinners	Bagged potato chips	Diet center foods
Nachos	Fast Foods	Smoked foods
Peanuts	Citrus fruits	Processed foods with excess preservatives

Avoid aspirin or other non-steroidal anti-inflammatory agents such as ibuprofen (Motrin, Advil, etc.) Indocin, Naprosyn

Avoid vitamins

Use only Eucerin, Moisturell moisturizing agents

USE ONLY UNSCENTED BATH SOAP

Preferred products:

Dove

Basis

Purpose

Vanicream Cleansing Bar

USE ONLY FRAGRANCE FREE LAUNDRY DETERGENT/BLEACH/FABRIC SOFTENER