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Scabies Treatment: Patient Information & Instructions:

Why Treat the Entire Household?

- Scabies mites survive up to 3 days outside the body.
- Spread (to others or reinfecting yourself) occurs through skin-skin contact & shared clothing / towels.
- Must treat yourself, family & clean the environment simultaneously.
- Treatment must be repeated 1 week later to kill any newly hatched mites.
- Pets do not need treatment as the human scabies mite *(sarcoptes scabiei var. hominis)* does not infest pets.

Treatment Options:

- **Most Common:**
  - **Permethrin 5% cream:**
    - Applied to the entire skin surface from the chin down (also face & ears, sparing eyes/lips in infants).
    - Safe in infants >2 months old; can be used in pregnancy (Category B2) & breastfeeding.
    - Left overnight for 8 hours, washed off in the morning.
    - If washing hands during the treatment, the cream must be reapplied to the washed skin.
    - Repeat treatment 1 week later.
  - **Ivermectin 3mg tablets (Dose: 200mcg/kg):**
    - Take orally & repeat 1 week later.
    - Tablets can be crushed.
- **Less Common:**
  - **Benzyl benzoate (Ascabiol) 25% lotion:**
    - Applied from head down, left for 24 hours, wash off & reapply for a further 24 hours.
    - If washing hands during treatment, the cream must be reapplied to the washed skin.
    - Repeat 1 week later.
    - Pregnancy category B2 Australia.
    - Can irritate the skin.
  - **Sulfur 5-10% cream or petrolatum:**
    - Can be used in pregnancy or on infants (also face & ears, sparing eyes/lips in infants).
    - Left overnight for 8 hours, washed off in the morning.
    - If washing hands during treatment, the cream must be reapplied to the washed skin.
    - Repeat treatment 1 week later.
    - Stains clothing & sheets. Malodorous – sometimes described at 'rotten eggs'.
  - **Lindane 1% cream or lotion:**
    - Applied to the entire skin surface from the chin down.
    - Left overnight for 8 hours, washed off in the morning.
    - If washing hands during treatment, the cream / lotion must be reapplied to washed skin.
    - Regimen: apply to 2 consecutive nights, repeat 2x / week for 2 weeks.
    - Can cause neurotoxicity, avoid in pregnancy (Category C), breastfeeding, children, the elderly or if a history of seizures.
  - **Crotamiton 10% Cream:**
    - Applied topically overnight for 8 hours 5 days.
    - Less effective than other treatments & can cause skin irritation.
    - Not very effective, better for post scabietic pruritus.
    - Pregnancy Category B2 (avoid in 1st trimester).
    - Repeat treatment 1 week later
  - **Tea Tree Oil 5% Gel:** Limited clinical data.

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When & What to Wash:

- Wash clothes worn in the past 3 days, linen, blankets, mattress protectors & towels on the same day as treatment (ie. Repeat 1 week later on the same day as treatment).
- Hot wash cycle above 50°C for over 10 minutes &/or
- Tumble dry on hottest setting for 20+ minutes or dry in the sun.
- Surfaces such as furniture and carpets may be disinfested with heat (such as steam) or by physically removing scabies mites (e.g. vacuuming).

Can't Wash Everything?

- Seal clothes, linen & towels in plastic bags for at least 3 days.
- Pillows don't need to be washed but as a precaution can be left in the sun for 3 hours, then flipped only if you wish to do so.
- Soft furnishings, couches: can be vacuumed with a fine filter, only if you wish to do so.
- Hard floors/surfaces: Mop or wipe with detergent & water.
- No need for fumigation.