

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

DERMATITIS

NOTE

Skin rash encountered in flight will most likely be contact dermatitis, usually due to prolonged or repeated contact with a skin irritant and localized to the contact area (often hands and arms). This may be a delayed allergic reaction, or a non-allergic dermatitis caused by prolonged or repeated contact with soaps, solvents, coolants, or even water and sweat. The most important part of treatment is removing the cause and limiting contact. Antihistamine medications such as Benadryl and Claritin may not be needed if the rash is not allergic. Surgeon will advise.

Signs

- Skin is red, warm
- May have hives or blisters
- May have itching

DRUG HELP

1. Kenalog, Flucinar, and Celestoderm are topical steroid creams and ointments and will often resolve skin rash when used alone. All are about equally effective. Lorindeni C is a combination steroid and antibiotic ointment.
2. Benadryl, Suprastin, and Claritin are antihistamines. Benadryl and Suprastin have more rapid onset of effect and are shorter acting than Claritin. For bothersome symptoms, such as itching, it is best to use one of these first. Either is a good choice for allergic symptoms which interfere with sleep.
3. Claritin takes longer to take effect, but is longer acting and is not sedating.
4. In general, do not use these agents in combination with one another due to oversedation.
5. Deltasone is a steroid, and should not be taken without Surgeon consultation.

SKIN RASH

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Treatment

1. Creams/Ointments

AMP (blue)	<p>Kenalog Cream (Triamcinolone) (P2-A17) - Topical steroid cream for skin rashes</p> <p>Dose: Apply a thin layer 2 times/day until rash is resolved (rub in well, avoid contact with eyes).</p>
___	<p>Lorindeni C - Steroid/antibiotic ointment for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Contact eczema, steroid acne</p>
___	<p>Flucinar - Steroid cream for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Prolonged use may result in skin thinning</p>
Medical Kit with Ointments	<p>Celestoderm - Steroid cream for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Contact dermatitis, steroid acne, prolonged use may result in skin thinning</p>

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2. Antihistamines

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

AMP
(blue)

Benadryl (Diphenhydramine) (P1-B23) - Oral antihistamine; used for allergic reactions or for drug-induced muscle spasms

Dose: 1 capsule every 6 hours as needed

Possible side effects

Drowsiness, inability to concentrate, dry mouth, blurred vision, rash, sensitivity to light, headache, rapid heart rate, dizziness, fatigue

AMP
(blue)

Claritin (Loratadine) (P1-B4) - Oral non-sedating antihistamine

Dose: 1 tablet every 12 hours as needed

Possible side effects

Dry throat and mouth, drowsiness

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Suprastin (Chloropyramine) - Oral antihistamine used for relief of allergic symptoms

Dose: 1 tablet 3 times/day

Possible side effects

Dry mouth and throat, drowsiness, dizziness, nausea

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If rash (hives) or itching worsens

3. Oral Steroids

AMP
(blue) Deltasone (Prednisone) (P1-A16)-Oral steroid

Dose: 6 tablets in one dose

Possible side effects (with several days treatment)

High blood pressure, salt and water retention (generalized swelling),
mood changes, increased sweating, headache, vertigo

Contact Surgeon for further dosing and photodocument the rash every
24 hours.

FUNGAL

Signs

Skin is red, scaly

Oval/round patches with central scales or central clearing may be present

Treatment

AMP
(blue) Lotrimin Cream (Clotrimazole Cream) (P2-A15) - Antifungal skin medication

Dose: Apply a thin layer 2 times/day for 14 days.
Rub in well, avoid contact with eyes.

Contact Surgeon for further dosing and photodocument the rash every
24 hours.