



Don't be bugged by insect bites

During the summer months and warm weather, we are all vulnerable to pesky insect bites. For people with lymphoedema or vulnerable skin, however, insect bites are a cause for concern, as they can quickly lead to infection. Here we offer some advice on how to battle the bugs!

1 Prevent bites as much as possible

Use an insect repellent that won't dry out your skin. There are some available that use natural ingredients instead of harsh chemicals. Avoid any alcohol-based brands; look on the list of ingredients for products ending in 'ol'. Plug-in insect repellents may be useful for your room, and citronella candles for your garden.

2 Treat

As soon as the signs of a bite appear, treat it with topical cream designed for insect bites. An anti-histamine tablet will help to reduce itching and inflammation. If your skin is fragile and prone to damage, avoid itching. Cut your finger nails to avoid damage if the temptation to scratch proves too much!

3 When to get help

People with lymphovenous disease are at an increased risk of developing cellulitis, a skin infection. If you have had cellulitis before, you are more at risk of getting it again. Keep an eye on your bite and look for signs of spreading redness, swelling, heat and pain. If in doubt, contact your GP or if symptoms are severe, visit A&E.

