



Bee/Wasp Sting Treatments



(Courtesy of Lopez Island Pharmacy)

Any difficulty breathing or swallowing, any signs of systemic or generalized reaction, DO NOT WAIT - CALL 911 IMMEDIATELY

- 1) Remove stinger by gently scraping across the site with blunt edged object (such as a credit card or dull knife). Try not to pull or tug on stinger as this will release more venom.
- 2) Apply cold pack or ice pack to help reduce swelling and pain (10 minutes on and 10 minutes off for at least 30-60 minutes).
- 3) If the sting is on an extremity (arm or leg), try elevating the limb to help reduce swelling. If it is on the hand or arm, remove all rings in case swelling occurs.
- 4) Take oral diphenhydramine (Benadryl®) every six hours for at least 2 days. This will cause drowsiness. Avoid activities that require mental alertness, such as driving. (With our potent yellow jackets, we actually see more swelling occurring the second day, so treating for two days is important.) Consult pharmacist for dose.
- 5) To help reduce itching consider the following:
 - apply a paste of baking soda & water, leave on for 15-20 minutes
 - apply a paste of non-seasoned meat tenderizer & water, leave on for 15-20 minutes
 - use OTC product for bee stings
 - when all else fails try Salonpas® patches or MSM® cream
- 6) To help reduce the possibility of future stings:
 - avoid perfumes, hairsprays, scented products
 - avoid brightly colored or patterned clothing (drab light grey is good)
 - do not walk around barefoot
 - spray clothing with repellent
 - citronella candles help in a small area
 - avoid leaving food out (yellow jackets are carnivores and are attracted to meat & barbequing)