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## Urticaria and Angioedema

### Urticaria

Urticaria is a red raised rash affecting the dermis layer of skin and is usually associated with itching. It may occur anywhere on the body.

Acute Urticaria usually only lasts a few days and is commonly caused by an allergic reaction to a food or drug.

Chronic Urticaria lasts longer than 6 weeks and the cause is usually not identified.

### Angioedema

Angioedema is swelling affecting the cutaneous layer of skin. It usually occurs on the face, tongue, extremities, and genitalia. The swelling may cause pain or burning of the affected area rather than itching.

### General Tips

- Avoid things that cause symptoms
- Avoid stress, alcohol and exertion, which can intensify symptoms
- Take medication as prescribed by the doctor
- A tepid shower or oatmeal bath may temporarily help the itching of Urticaria
- Follow diet as instructed
- Avoid eating several hours before exercising if symptoms occur during exercise
- Ask the doctor about any OTC medications to avoid (such as NSAID'S, ASA, herbal supplements)

### Special instructions

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