

Relief of the pain and itching caused by insect bites.

This is not advice or a recommendation.

This is a report of my incident and the measures I took to ease the itching and pain.

If you decide to follow my measures, that will be totally at your own risk.

I have no medical qualifications.

There are many recommendations in the United Kingdom that hot water should not be delivered to the taps over 43 degrees Centigrade. It is recognised that full body immersion above 43 degrees Centigrade can cause serious injury.

Acknowledging all my warnings, please read on.

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In June 2008 I was walking in a forest in Finland, in the early evening.

Initially there seemed to be no insect or mosquito problem.

But as I walked on the intensity of insects increased.

I took measures to cover as much skin as possible, but still I was bitten on every exposed piece of skin, and through my clothing.



Insect protection in the forest

On return to my cabin, had supper and the bites did not seem to be any problem.

However as I settled down to sleep the bites began to swell and itch very strongly so I could not sleep.

In the bathroom I allowed warm water to run over my badly bitten hand.



Then as my hand became accustomed to the temperature, I gradually increased the water temperature.

CAUTION. HOT WATER CAN SCALD

Over a period of 5 minutes I reached 45 degrees Centigrade, then decided to push higher but could not hold my hand under the water flow for more than a few seconds.

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At 48 degrees Centigrade, I could just manage 5 seconds.
The surface of my skin was beginning to redden.

CAUTION. HOT WATER CAN SCALD

I decided to have a rest and assess what I had done.



It was immediately apparent that the itching has stopped completely.

I treated other parts of my body in a similar fashion.



The objective being to apply the water as locally as possible, not allowing it to flow onto unaffected areas. I found that using a towel to control the area did not work as it held the water and did not allow me the control I needed. I simply had to get the affected section of skin to be as low as possible so that gravity took away the water.

CAUTION. HOT WATER CAN SCALD

I found I could not reach all affected areas using the wash basin, so using the bath taps was the answer.



CAUTION. HOT WATER CAN SCALD

There were some places that were still affected but untreated, it not being possible to get those areas to the taps.

I tried using a shower unit, I found it was best to adjust the spray head to give a jet spray, keeping the flow rate very low to allow precision of control and minimal overspray.



Finally I repeat my warnings

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I have not yet had opportunity to test my technique on other causes of skin pain.

Footnote

If you wish to translate these pages for me, please contact me and I am sure we can come to a fee agreement.