

## **HYDROXYZINE THERAPY**

I have prescribed a pill known as hydroxyzine as part of your care for your skin problem. Hydroxyzine is a very effective treatment for various itchy skin conditions. Hydroxyzine is a very safe treatment, but you should be aware of the proper way of taking it.

Most patients who use hydroxyzine do not have any problems with the medication. The major common side effect which can occur is sleepiness or drowsiness. This happens in a small percentage of patients. Because of this I would recommend you take the first dose after school or work and the second dose at bedtime. It is important to avoid any alcoholic beverage or other sedative medication.

There is a wide variation in the number of hydroxyzine pills a given patient can take. For some patients one pill a day is all that is needed. For other patients eight pills a day may be required. Start out by taking only one or two pills per day and then slowly increase the dosage as needed. It is important that you take the number of pills that is necessary to control your skin problem while at the same time not take too many to cause sleepiness or drowsiness. On an average most patients take two or three pills a day which controls their itching or skin problem very well.

Occasionally patients who take hydroxyzine develop a dry mouth. This usually goes away even though you continue to take the pills and should not interfere with your treatment.

As with any medication there can be other more unusual side effects. These would include stomach upset or an allergy. These type of side effects are very unusual with hydroxyzine.

If you have any other questions about this treatment, please ask before you leave the office. If you have any problems while you are taking hydroxyzine, please call my office immediately.