
RogiMitra.AI

Compassionate Care for All

Final Diagnostic & Treatment Report for Manika Khanna (46F)

Date: [Insert Date]

Doctor: Dr. Sahib

Understanding Your Condition

You have a mild allergic reaction to an ant bite on your left thumb. This has caused itching and redness at the bite site. Your body is reacting to the ants venom, but thankfully, there are no signs of a severe allergic reaction (like trouble breathing or swelling beyond the bite area). Scratching the area might make the irritation worse, so we recommend avoiding it.

Your Treatment Plan

Medicines & Dosages

1. For Rash & Itching:

- Hydrocortisone 1% Cream: Apply a thin layer to the bite area twice daily (morning and night) for 35 days.

- Cetirizine 10 mg Tablet: Take 1 tablet daily at bedtime until the itching stops (usually 35 days).

2. For Swelling/Discomfort:

- Use a cold compress (ice wrapped in a cloth) on the bite for 10 minutes, 23 times a day.

Important Notes:

- Do not scratch the bite, as this can worsen irritation or lead to infection.
- If you develop dizziness, difficulty breathing, or swelling of the face/lips, seek emergency care immediately.

Lifestyle & Prevention Tips

- Avoid ant habitats (e.g., grassy areas, piles of leaves).
- Wear protective clothing (long sleeves, gloves) when outdoors.
- Keep the bite area clean and dry.

Follow-Up & Tests

- No tests are needed now, but if you have frequent allergic reactions to insect bites, we may recommend allergy testing in the future.
- Return to the clinic if:
 - The rash spreads or doesn't improve in 5 days.
 - You notice pus, fever, or increasing pain (signs of infection).

Dietary Guidance

- No specific food restrictions, but stay hydrated to help your body heal.
- Avoid excessive alcohol, as it can worsen itching.

Were Here for You!

If you have questions or concerns, contact RogiMitra.AI at [Clinic Phone Number].

Signed,

Dr. Sahib

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This report is personalized for you. Always follow your doctors advice.