# Jellyfish and treatments

**Four days ago I came into contact with a jellyfish in the Mediterranean Sea. At the pharmacy I was advised to use Flubason 0.25%, desoximetasone skin cream, but it doens't seem to do much in terms of relieving irritation and itchiness. Is there something I can do to help the healing process?**

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*Answer from DAN experts:*

The normal therapy, in such cases, is always and mainly based on the use of local cortisone-based ointments or creams, and in addition, on the use of antibiotic preparations if there's the risk of an infection, but this does not seem to exist in your case. It is quite common for the itching and discomfort to last for a few days, in spite of the cure. If it is too annoying, you could ask your doctor to prescribe a cortisone-based ointment with a higher concentration, and for the itchiness, you might consider (obviously only on prescription) an anesthetic cream for local use (xylocaine or lidocaine based).