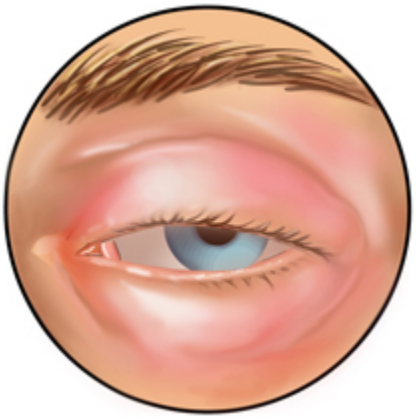
Angioedema

Angioedema (AE) is sudden swelling of the skin. It can happen in the face, mouth, genitals, or other body parts. AE can be caused by allergies to things like medicines or food. Or it can happen by itself. It often starts while you are asleep. You might also get red, itchy patches of skin (*hives*) and other allergy reactions.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Angioedema happens fast, and gets better in 24 to 48 hours. It is usually not a serious problem. AE can be helped by taking medicines for it. You should also avoid the thing that caused the reaction.

HOME CARE

To take care of yourself:

- Always carry your emergency allergy medicines with you.
- Wear a medical bracelet.
- Avoid things that you know will cause this reaction (*triggers*).

GET HELP IF:

- You have another attack.
- Attacks happen more often or get worse.

GET HELP RIGHT AWAY IF:

- You have trouble breathing.
- You have trouble swallowing.
- You faint.

You should get help right away if your throat swells and you have trouble breathing. An attack can be life threatening. Call your local medical emergency services (911 in the U.S.).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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