

ECZEMA SKIN CARE PLAN FOR:

Date:

- **Bathe daily**
 - Soak in warm water for 10 – 15 minutes
 - Use mild unscented soaps for dirty areas only. For other areas try Spectro Gel or Cetaphil
 - When out of bath, pat dry and apply creams within 2-3 minutes

- **Medication creams**
 - Apply immediately after bath (before moisturizer) to red and itchy places
 - **Body:** Apply 1-2 times every day for 2-3 weeks until skin is flat and smooth. Restart with flares.
 - Hydrocortisone, 1% or 2.5% ointment
 - Betamethasone valerate (Betaderm), 0.05% or 0.1%, cream or ointment
 - Mometasone furoate (Elocom - 15 or 50 g) 0.1%, cream or ointment *Once daily
 - **Face:** Apply 1-2 times every day for 2-3 weeks until skin is flat and smooth. Restart with flares.
 - Hydrocortisone 1% cream
 - Tacrolimus (Protopic - 30, 60, 100 g) 0.03%

- **Moisturizers**
 - Avoid lotions (they are not moisturizing enough) and choose creams instead
 - Apply cream to entire body once or twice daily, after the medicated creams are used
 - Good creams to use: Glaxal base, Cerave, Aquaphor, Aveeno Eczema Care Cream

- **Avoid irritants**
 - Avoid harsh fabrics and tight, synthetic fabrics - loose fitting, cotton clothes are best
 - Use laundry soap free of perfumes and fragrances. Double rinse if possible, avoid dryer sheets.
 - Cut nails once a week
 - Acidic foods can irritate skin on direct contact (tomatoes, citrus fruits, strawberries, vinegar). Avoid these foods if symptoms are noted
 - **Health Link BC reference: <http://www.healthlinkbc.ca/healthyeating/pdf/eczema-and-food-allergy-in-babies-and-young-children.pdf>

- **Avoid allergens (if relevant):** Dust mite, cat, dog, etc.

- **Infected skin**
 - If skin is weeping, pustular or honey crusted, it is likely infected
 - Apply Mupirocin (Bactroban) 2% ointment (15 or 30 g) twice daily for 5-10 days
 - If the skin is not better, please see a doctor as oral antibiotics may be necessary

- **Prevention (when skin looks normal)**
 - MOISTURIZE!
 - Steroid cream or Protopic twice a week to areas that frequently flare

- **Sun safety:** Use non-irritating sunblocks if over 6 months of age (ie. Neutrogena Pure & Free – only contains physical blocks www.neutrogena.ca) with an s=SPF rating of 30 or more). Physical blocks include titanium dioxide or zinc oxide. Apply 20 minutes before sunlight exposure. Infants less than 6 months of the age should be kept out of the sun entirely.

- **Follow up** in this clinic in _____ months