

ECZEMA CARE PLAN

DATE _____

EVERYDAY SKIN CARE

BATH OR SHOWER EVERY DAY in warm water. Use a moisturiser or non-soap product. Do not use soap, bubble bath or shower gel as these dry the skin.

Antiseptic baths twice a week can reduce infection on your skin. See Bleach Bath Instructions. Apply moisturiser immediately after your shower or bath. Smooth in the same direction as hair grows.

MOISTURISE AS OFTEN AS YOU CAN EVERY DAY

Moisturiser keeps the skin soft and helps to improve the natural skin barrier.

Moisturise twice a day or more if possible. Use lots of moisturiser over all your body including your face. Aim to finish a big 500gm tub of moisturiser every 2-3 weeks.

Use a spoon to take the moisturizer you need out of the tub onto a clean dish. Do not use your hands as they can put infection into the tub.

FOR ACTIVE ECZEMA

TOPICAL STEROIDS TO USE WHEN ECZEMA IS ACTIVE

Eczema needs topical steroids to improve. They are very safe and effective when used correctly. Apply topical steroids 1-2 times a day to all red and itchy active eczema areas on your skin. Spread a thin layer on the red and itchy active eczema areas so the skin looks shiny.

Face and neck

Body

When the skin is no longer red and itchy, STOP using the topical steroids.

After stopping topical steroids it is important to keep moisturizing as often as you can every day.

If the red, itchy active eczema areas on your skin come back, start using the topical steroids again.

Other Information

WHEN TO GET HELP

WHEN TO SEE YOUR DOCTOR OR NURSE

If your skin is infected, bright red, painful, weeping, crusted or blistered. You may need antibiotics.

If you have put on topical steroids every day for 2 weeks and the eczema doesn't get better.

If you need to put on topical steroids most days of every week.

Your eczema may be out of control and you need to see your doctor or nurse if:

- you are having lots of skin infections
- you are waking at night because of eczema
- you are not going to school or work because of eczema
- your eczema is making you unhappy