

Tick all that apply

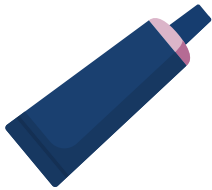
Name \_\_\_\_\_ Date \_\_\_\_\_

## BATHING



- Have a daily bath or shower for 10 minutes in cool water (32°) using a hypoallergenic wash or bath oil.  
Use \_\_\_\_\_ instead of soap  
Use \_\_\_\_\_ instead of normal shampoo (sensitive skin formulation)
- If skin is infected (weeping/scabs) add bleach to bath and gently wipe off any scabs with a soft wet cloth while soaking in the bath

## TOPICAL STEROIDS



- Topical steroid medications are the first-line therapy to treat atopic eczema and have been widely used for more than 50 years. They can reduce the inflammation of the skin making it less red, itchy and sore and aid in preventing a skin infection that can be caused by scratching. Use at the first sign of a flare to gain early control. Topical steroids work best if applied to all eczema skin directly before moisturisers
- Apply to ALL eczema skin that is rough, red or itchy (not just the worst bits)
  - Stop when the skin is smooth and not red. Restart as soon as your eczema returns
  - On deeper pigmented skin, eczema may look dark and rough, not red
- Apply \_\_\_\_\_ to the face \_\_\_\_\_ times per day  
Apply \_\_\_\_\_ to the body and/or scalp \_\_\_\_\_ times per day

## MOISTURISE



- Moisturise generously all the skin from top to toe at least twice per day
- At night use a thick cream
  - It is important to use a moisturiser suitable for eczema skin that does not include perfume, food or plant ingredients
  - For fast relief of itch, store moisturiser cream in the refrigerator and apply on hot, itchy skin.

## OTHER TREATMENTS



- Wet Dressings**
- Apply the topical steroid to all eczema areas, directly followed by the moisturiser
  - Apply wet dressings to the arms and legs (or a wet cotton long sleeve T shirt/leggings/onesie)
  - For the torso, apply a damp t-shirt/singlet over the creams – a dry thin layer of clothing can be worn over this
  - Apply cool compresses to the face, during the day as needed.
- Bleach Baths**
- The use of regular diluted bleach baths in people with Staphylococcus aureus infected eczema has been shown to be effective and safe in reducing the number of skin infections and improving eczema control.
- Bleach bath \_\_\_\_\_ times a week for \_\_\_\_\_ weeks
- Fill bath to the desired level with cool water, NO hotter than 32° with a household bucket (each bucket = 10 litres)
  - Add 12mls of White King Bleach (4%) for each bucket (10 litres of water)
  - Add 1-2 capfuls of bath oil per bath
  - Add 100 grams (1/3 cup) of pool salt for each bucket (10 litres of water)
  - Soak in the cool bath for 10 minutes
  - Do not rinse the skin after the bath
  - Wet the face and head every bath and wash the hair 2-3/times per week with a sensitive shampoo

## MEDICATIONS



- Antibiotics**
- Oral antibiotics may sometimes be needed to treat infected eczema that is not clearing up even after topical steroid use.*
- Treatment oral antibiotic medication (name) \_\_\_\_\_ taken \_\_\_\_\_ a day for a total of \_\_\_\_\_ days
- Antihistamines**
- Antihistamines do not help reduce the eczema itch, although they can be helpful for people with allergies.*
- Medication Name \_\_\_\_\_ taken \_\_\_\_\_ a day for a total of \_\_\_\_\_ days \_\_\_\_\_ morning / night

This Eczema Care Plan is a guide to helping manage your skin condition only. For medical advice, please consult your health professional.

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Healthcare Professional Name \_\_\_\_\_

Healthcare Professional Phone/Email \_\_\_\_\_