

Name _____ Date _____

WASHING



- Bath or shower for 3 minutes once a day in warm (not hot) water using a SOAP FREE WASH or MOISTURISER that is suitable for sensitive/eczematous skin.

Use _____ instead of soap

Use _____ instead of normal shampoo (sensitive skin formulation)

- Gently wipe off any scabs with a wet cloth while soaking in the bath

STEROID



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 are an aid in preventing an infection which can be caused by scratching. Topical steroids work best if applied before other moisturisers. However, if you prefer, you can apply moisturiser first, wait 30 minutes then apply topical steroid cream.

- Use on ALL eczema that is red and itchy (not just the worst bits)
- Stop when the skin is not red and itchy. Start again if your eczema returns
- On dark skin, eczema may look dark and rough, not red

Apply _____ When _____ Body part _____ (Mild)

Apply _____ When _____ Body part _____ (Strong)

MOISTURISE



- Moisturise generously at least twice per day
- At night use an ointment or thick cream
- It is important to use a moisturiser that is suitable for sensitive/eczematous skin
- Store moisturiser cream in the refrigerator and apply on hot itchy skin to help reduce itchiness quickly

Apply _____ When _____ Body part _____ (day moisturiser)

Apply _____ When _____ Body part _____ (night moisturiser)

Wet Wrapping

- Apply thick moisturiser or ointment and/or topical steroid (leave 30 minutes between applications)
- Apply wet dressings to the arms and legs (or wet cotton skivvy/cotton leggings)
- Dress in a wet t-shirt or singlet for the torso
- Apply cool compresses to the face

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 water NO hotter than 30 degrees with a household bucket (each bucket = 10 litres)
- Add 12 mls 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)
- Let the patient soak in the bath for 10 minutes
- Do not rinse the skin after the bath
- Wet the face and head every bath

OTHER TREATMENTS



MEDICATIONS



Oral antibiotics or steroid medications may sometimes be needed to control infection in eczema that is not clearing up even after topical steroid use.

Treatment oral antibiotic medication (name) _____ taken _____ a day for a total of _____ days

Treatment oral steroid medication (name) _____ taken _____ a day for a total of _____ days

Antihistamines

Antihistamines can be helpful in aiding sleeplessness caused by itchy skin.

Medication Name _____ taken _____ a day for a total of _____ days _____ morning / night

Healthcare Professional Name _____

Healthcare Professional Phone Number _____

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