



Patient's name:

MRN #:

Doctor:

# Eczema Action Plan

## Daily skin care

### Bath:

Take a bath in lukewarm water once a day. Do not stay in the bath for longer than 10 minutes.

Use fragrance-free gentle cleansers (only \_\_\_\_ times a week) and rinse well.

Do not use soap. Do not use washcloths or brushes.

Gently pat the skin dry and apply moisturizer right away.

### Moisturize:

Apply moisturizer **at least 2 times** a day.

### Avoid Triggers:

To prevent flare-ups, avoid eczema triggers. Follow these tips:

- Do not overheat the bedroom.
- Avoid wool clothing. Use cotton clothing instead.
- Wash new clothes before wearing
- Keep fingernails clean and short to avoid scratching.
- Avoid cigarette smoke.
- Avoid bubble baths and soaps.

## If you have an eczema flare-up (Red rough itchy skin)

Continue with the daily skin care PLUS:

- Apply \_\_\_\_\_ on the red, rough and itchy areas of the **body** \_\_\_\_\_ times per day. Do this **before** applying moisturizer.
- Apply \_\_\_\_\_ on the red, rough and itchy areas of the **face** \_\_\_\_\_ times per day. Do this **before** applying moisturizer.

### When to stop:

Apply this to the skin for \_\_\_\_ **days** then stop. **If** the flare-up gets better sooner, apply the medication for two days after the flare-up is gone and then stop.

\* **See a doctor** if red and itchy skin is not better after \_\_\_\_ weeks.

### For frequent flares in the same place:

First, follow the instructions above.

Then you can apply the above medications **or** \_\_\_\_\_ where you get flares \_\_\_\_\_ times a week for \_\_\_\_ weeks.

Then continue \_\_\_\_ times a week for \_\_\_\_ weeks.

- To control itch:
  - Use cold compresses.
  - Give \_\_\_\_\_ before bed.
- Bleach bath \_\_\_\_\_ per week for 10 minutes.
- Do wet wrap therapy once daily for \_\_\_\_ days.

## Infection treatment and control

### \* See a doctor if:

- Your child has honey-colored scabs or blisters on their skin.
- Clear or yellow liquid is oozing from the skin.
- Your child has a fever (38.5 C/101.5 F).

### Treatment:

- Give \_\_\_\_\_, \_\_\_\_\_ times a day, for \_\_\_\_ days.
- Place wet compresses \_\_\_\_\_ times per day on the crusted area
- Put \_\_\_\_\_ on the oozing /crusted areas \_\_\_\_\_ times per day.

Other recommendations: