

MY CHILD'S ECZEMA PLAN



allergy foundation south africa

<http://www.allergyfoundation.co.za>

1 Bathing – keeps skin clean and moist

- Wash in bathtub every day for 5-10 minutes using lukewarm water and a mild soap substitute such as aqueous cream or emollient: _____.
- Pat dry after bath and IMMEDIATELY apply creams, ointments, and moisturizers.
- Add ½ cup (125ml) of bleach to full 150 litre (or 12.5ml / 1 Tbsp of bleach to 15 litres of warm water) bathtub _____ times per week.

2 Moisturizing with emollient – keep skin moist

- Moisturizing emollients are the most important treatment for eczema
- Apply large amounts of _____ MANY times daily to all areas of eczema and dry skin.
 - ★ Apply IMMEDIATELY after a bath to lock in moisture!
 - ★ Your child's skin should look and feel moist and greasy at ALL times!

3 Healing creams and ointments When skin is “flaring”, damage is being caused. Use steroids to heal eczema and prevent skin damage

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| <p>For flare-ups (bad days)...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apply _____ cream / ointment to eczema on BODY 2 times per day. <input type="checkbox"/> Apply _____ cream / ointment to eczema on FACE 2 times per day. | <p>For good days: maintenance therapy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apply _____ cream / ointment to eczema on BODY 2 times per day. <input type="checkbox"/> Apply _____ cream / ointment to eczema on FACE 2 times per day. |
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	Face and neck	Arm and hand	Leg and foot	Front of trunk	Back of trunk
Age	Number of FTUs				
3-6 months	1	1	1 ½	1	1 ½
1-2 years	1 ½	1 ½	2	2	3
3-5 years	1 ½	2	3	3	3 ½
6-10 years	2	2 ½	4 ½	3 ½	5

4 Itch medications – short term to stop itching, improve sleep

- Give a sedating antihistamine _____ dose _____ by mouth at night.
- ★ Apply ice packs to very itchy areas to decrease itchiness.

5 Special instructions

- Use a mild detergent and add an extra rinse cycle. Wash new clothes before wearing.
- Keep your child's nails very short, and try putting them to bed with mittens or socks on their hands.
- Avoid overheating and sweating. Loose cotton clothing is preferred
- Wrap skin with wet cotton gauze wrap covered by dry wraps

6 Antibiotics – kill germs, fight skin infections: Some signs of worsening skin infection are increased redness, tenderness, swelling, puss, fever, and lumps/boils in the skin. Call your doctor if these signs develop.

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YOUR MEDICATION

Wash with _____

Moisturising emollient _____ Use _____ times a day

Other medicines: Antihistamine? _____ Nose spray? _____

Eye drops? _____ Asthma? _____

Steroid ointments

