

## Handy Hints:

- Wash hands before and after treatment
- Use steroid creams/ointment as prescribed
- ALWAYS keep your child's skin moist, especially if it is dry and itchy
- ENCOURAGE your child to apply their emollient.
- PLAN AHEAD: Contact your GP for more creams BEFORE your run out
- Avoid perfumed powders, soaps, detergents
- Keep your child's fingernails and toenails clean, short and smooth
- Avoid putting itchy woollen clothing next to your child's skin.
- Don't overdress your child. Keep the bedroom cool
- Dust and vacuum the house regularly
- Sun screens should be used. Use one made for sensitive skin that do not contain alcohol. Always skin test first

For more information contact::

Phone number:

## Skin Care Plan:

### Body

- Use ..... times  
daily / weekly **or**
- Use hydrocortisone.....  
2-3 times daily to reddened areas until the redness has gone
- Use emollient (eg. emulsifying ointment) as often as needed to areas that are red, itchy, dry or just feels rough. Always apply after hydrocortisone

### Face

- Use hydrocortisone.....  
2-3 times daily to reddened areas until the redness has gone
- Use emollient as for the body
- You may like to use a less greasy emollient around the eyes, such as lipobase, cetaphil or watercreme

### Other

- Bath daily with ..... handfuls of emulsifying ointment
- Add 4-8 capfuls of oilatum plus (1-2 mls in a baby bath) as well if eczema worsening. Use as needed.



## Eczema care

**Nurse Eczema Clinic**

**Child Health Service**

## What is Eczema?

Eczema is a condition, when the skin becomes dry, sensitive, and inflamed causing redness and intense itching. It can occur on any part of the body. It can be controlled with treatment as well as limiting things that irritate your child's skin (eg. woollen clothing, foods clearly identified).

**You may already know what makes your child's skin itchy**

### Symptoms

The skin will be dry, itchy, cracked and red. Your child may scratch or rub their skin until it bleeds. The broken areas of the skin may weep, ooze and crust. This may mean that the skin is infected.

### Causes

There is no single cause to eczema. However there are a number of things in the environment that could make it worse, like:

- Ordinary soap
- Wearing wool next to the skin
- Overheating at night
- Dusty materials
- Allergies to some food (eg. peanuts)
- House dust mites

## Skin care

Creams and ointments will be needed to treat the skin. **DO NOT USE SOAP.**

### Skin Cares

- Steroid creams/ointments (such as hydrocortisone)

Apply only to the red areas, including the face, as prescribed by your Doctor. This helps to reduce redness and inflammation. Redness may be due to dryness or scratching of skin which may only require an emollient

- Emollients are heavy moisturisers such as emulsifying ointment, healthE fatty cream, watercreme

Apply to areas affected, as often as necessary, to keep the skin soft and moist. This does not need to be thick but just a 'shine' on the skin. Remember to use preventatively

Your child's skin will improve with regular use of the creams. However continue to use the emollient/moisturiser, even when the skin looks better.

Your doctor or nurse may advise you to use the steroid cream once or twice a week to help stop eczema flares

## Bathing

- Bath daily
- Put the child into a warm bath **WITHOUT** adding anything to the water
- Wet the child all over
- Use a soap substitute like emulsifying ointment. This can be melted in hot water first
- If eczema worsening, or Staph aureus infection present, an antiseptic bath oil (like oilatum plus) can be added to the water.
- Rinse off with fresh water if necessary
- **PAT** child dry. **DO NOT RUB.**
- Apply creams and ointments as written on the back of this pamphlet.

## Foods

- Unless it has been clearly identified that your child is allergic to a food, do not restrict your child's diet

**REMEMBER  
MOISTURISE**