



Caring for

## Eczema also known as atopic dermatitis (x-ma) (a-top-ik) (derm-a-tai-tis)

- Eczema is when the skin gets red, itchy, dry and bumpy.
- It is very common and can start in the first few months of life.
- There is no cure for eczema but it can be well looked after.

Some things that can irritate the skin are:

<p>Too much heat</p> 	<p>Bubble bath</p> 	<p>Prickly materials</p> 	<p>Chlorinated pools other strong chemicals</p> 	<p>Grass, sand</p> 
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### Looking after bub's skin

- Use moisturiser cream every day even if you can't see any eczema on bub's skin, this will reduce skin irritation.
- Put moisturiser cream on the whole body after a bath or shower, apply to wet skin then pat dry.
- Thick ointments and moisturiser creams are better than lotions.
- Wash your hands before applying moisturiser. If it is very hot use a cream as ointments can make bub feel too hot.
- Over heating, warm clothes or over wrapping bub in a blankets can make the itch worse.



### Showers or baths

 <ul style="list-style-type: none"><li>• Bath or shower once a day, for <b>no longer than 5 mins</b></li><li>• Water needs to be <b>lukewarm</b> and not too hot</li></ul>	 <ul style="list-style-type: none"><li>• Use <b>soap free</b> products, no bubble bath</li></ul>
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## Treating flare-up

Eczema can get infected. As soon as you see signs of flare-ups (red, rough, and itchy):


- Put on cortisone ointment (as prescribed).
- Put moisturiser cream over all of bub's body once a day, after a bath or shower. If bub's skin feels dry apply more than once a day.
- Keep putting cortisone ointments or moisturiser cream on until the eczema has gone.
- Start the cortisone ointment as soon as the eczema comes back.



## Cool compresses - A wet dressing for the face to help itchiness



**Wet a cloth in cool water then wring it out**



**Hold the cloth onto the area for 5 to 10 min**



**Then put on moisturiser cream**

### Recommendations just for bub:

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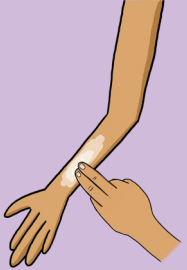
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## Wet dressings – For better sleep when flare-ups happen

- Do this when bub is very itchy and not sleeping well.
- Yarn to a doctor or nurse about how often to do wet dressings.

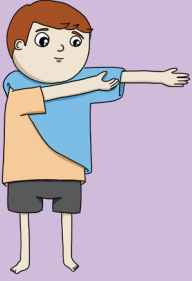
1. After a bath or shower, pat skin dry and put cortisone ointment on the whole body and face




2. Put cotton shirt and pants in a bowl of lukewarm water, then wring out and put the clothes on



3. Put dry shirt and pants on over the wet clothes, keep on for 20 mins



4. Take off wet and dry clothes and put moisturiser cream on the whole body and face and get dressed in clean dry clothes



### Recommendations just for bub:

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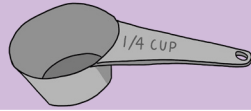
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## Bleach bath

Bleach baths can be helpful for children who get lots of skin infections.

- Yarn to a doctor or nurse about how often to do bleach baths.

1. Fill a bath tub **half way** with lukewarm water
2. Yarn to your doctor or nurse about your bath size
3. Add  $\frac{1}{4}$  cup of White King bleach



Wash bub's face and scalp **keeping away from bub's eyes.**

Gently wipe any crusts off the skin.

Bub can stay in the bath for **5 to 10 minutes**



You don't have to rinse the bleach off, use a clean towel to pat the skin dry



Then put moisturiser cream over bub's whole body and face



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Child and Adolescent Health Service

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