



Eczema

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

The skin is the largest organ of the body, it helps to protect our body. Eczema is when the skin lacks certain body oils and fats (lipids) that keep the skin healthy.

- Eczema is very common.
- It can start a few months after being born.
- It can be managed well, not cured.
- Most children grow out of their eczema if it is looked after with lots of moisturising and topical steroids.



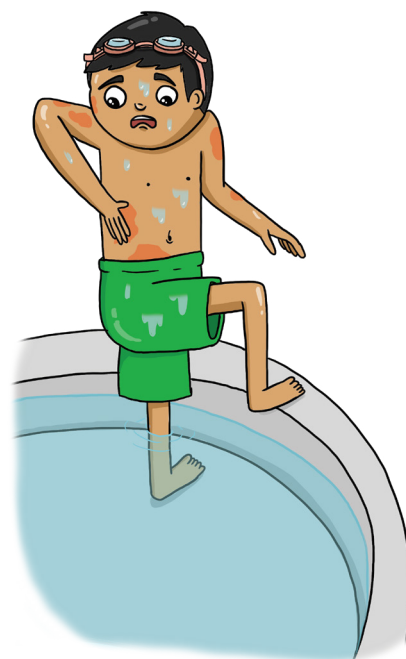
Some causes of eczema are:

- Genetics - it can run in families like asthma, hay fever and allergies.
- Our immune system - our skin can react to things in the environment which are normally harmless like grass or pollen.
- Environment - dirty air, water or soil, chemical and sickness.

How eczema can affect bub:

- bub can get more infections
- it can affect their sleep by itching
- it can reduce their growth
- it can affect how they feel about themselves.

Try to keep bub away from things that irritate their skin whenever you can.



Keep an eye out for:

Dryness

Keep the **skin moisturised**.

- Use bath oil or soap-free wash.
- Don't use soap, shower gel or bubble bath.
- Put thick moisturisers on after having a bath or shower.
- Thick moisturisers are better than lotions.

Some good moisturisers are:

- Sorbolene cream
- QV cream
- QV Intensive
- Dermaveen Eczema Cream
- Cetaphil Ultrahydrating Cream
- Epaderm ointment
- Dermeze



Irritant

Some things like:

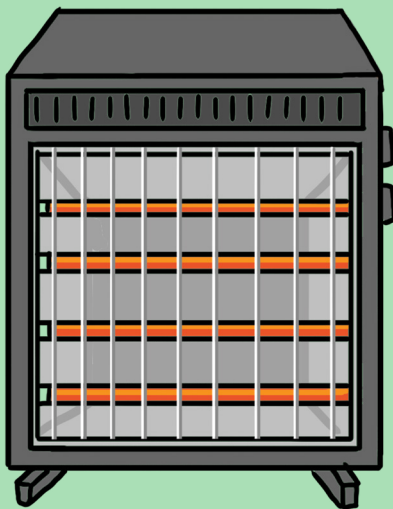
- prickly materials/ clothes like wool
- grass and sand
- chlorinated pools (rinse with water and then moisturise after swimming)
- foods like tomato sauce or citrus fruits (Vaseline can help if applied around the mouth before eating).



Overheating

Bubs with eczema get hot very quickly.

- Heat will make bub's skin worse.
- Do not wear too many layers of clothes, especially at bedtime. Avoid heavy doonas and too many blankets.
- Do not use a heater in the bedroom in winter.



Infection

Eczema easily gets infected by bacteria and viruses.

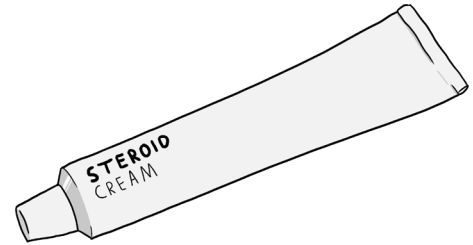
It is very important to keep bub away from anyone with a cold sore or school sores.



If bub's eczema is itchy and red (inflamed) put **Cortisone (steroid) ointments** on, even if it doesn't look so bad.

Use the **Cortisone (steroid) ointments** once a day until all of the itch and roughness has stopped.

There is **no such thing** as too much ointment or moisturiser cream on bub's skin.



Good to know

- Topical **cortisone creams** are very safe when used properly.
- **Older bubs** may need an **allergy test** if they have **allergies** to dust, grasses and animal fur.
- If you have concerns about **food allergies** you should yarn with your **doctor**.
- Bub can still go **swimming** in outdoor pools and at the beach just moisturise well afterwards.
- **Immunisation** will not affect **bub**, they can still have their needles.
- Bub needs to be sun safe. They need to wear **long sleeved clothes** and sunscreen.



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