

Eczema Treatment Plan

Everyday management (even when there is no eczema)



No longer
than 5 mins

Bathing (Short bath or shower is important)

Add dispersible bath oil to bath or use soap free wash in shower.

Moisturiser

Should be applied at least once a day to face and body immediately after bath or shower, as this is when moisturisers are best absorbed. Apply moisturiser more often if the skin feels dry.

Specific comments:



Active eczema (red, itchy, rough areas)

When there is active eczema, continue with a daily bath or shower and apply moisturiser to face and body at least once a day.

Medicated ointments/creams

Cortisone ointments are less likely to sting than cortisone creams and lotions.

Apply as soon as there is a flare (e.g. itch and redness). Apply enough to cover all the eczema affected areas, not just the worst areas, until the eczema has completely gone and the skin feels smooth. Start again as soon as there is another flare.



Ointment/cream for:

Scalp _____

Face/neck/armpits/groin _____

Body/limbs _____

Specific comments:

Wet dressings may be recommended

Apply until eczema is clear or as specified by your treating health professional.

Use patient's own clothes (cotton preferred)

Use Tubifast™ garments / Tubifast™ bandages

Specific comments:

Infected eczema or skin prone to infection

Dilute bleach baths may be recommended.

Specific comments:

Additional medications

(e.g. oral antibiotics, topical antibiotic ointment, nasal ointments)

Use the following medications as prescribed:

Contact information _____

This plan was written by _____

Clinician name

Clinician signature

Date _____



Government of **Western Australia**
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by Dermatology Department
Ref: 547A © CAHS 2019

Disclaimer: This publication is for general education and information purposes.
Contact a qualified healthcare professional for any medical advice needed.
© State of Western Australia, Child and Adolescent Health Service

