

# Eczema Treatment Plan

## Everyday management (even when there is no eczema)

### **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



