

Eczema: guide for families

Care of eczema

1. Bath or shower

Bath or shower every day to clean the skin.

Use warm water and a soft cloth to gently soak and lift off any crusts.

Use a soap-free wash or moisturiser. Don't use soap and bubble bath as these make the skin dry.

Antiseptic baths two times a week can prevent infection. See bleach bath instructions.

2. Moisturiser (emollient) _____

Smooth on lots of moisturiser many times a day to keep the skin soft. Apply all over the body not just where there is eczema.

Aim to finish a 500g tub every 2-3 weeks.

3. Steroid creams and ointments

Apply steroid to all red and itchy skin (active eczema) once a day. Immediately after the bath is best.

Apply a thin layer of steroid, enough to make the skin shiny.

Steroid for the face/neck: _____

Steroid for the body/arms/legs: _____

When the skin is no longer red and itchy stop using the steroid but keep moisturising. If the eczema comes back start using the steroid again.

Infected eczema

See your doctor or nurse if you think your child's eczema is infected:

- Weeping crusted areas
- Lots of pustules (yellow/white pimples)
- Sudden flaring of eczema all over the body
- Shivering, painful skin
- Painful chicken pox-like blisters and sores – this can be the cold sore virus – see your doctor urgently
- **Antibiotic medicine/tablets** _____

Take the antibiotic everyday until it is finished.

When to go back to your doctor/nurse

1. If the infection is not improving after 2-3 days of treatment.
2. If other people in the house have skin infections – they also need to get treatment.
3. If your child is missing school, getting lots of skin infections or not sleeping well because of eczema.