



## ECZEMA

### What is Eczema?

Chronic itchy, dry skin. The key word is DRY!!! It is often associated with other allergic diseases such as Asthma and Seasonal Allergies. Eczema as well as other allergic disease can run in families

### How do I prevent Eczema flare ups?

MOISTURIZE, MOISTURIZE, MOISTURIZE!

- Barrier Creams and Ointments are more effective than lotions. They trap water in the skins surface and help your childs eczema to heal. Examples include **Eucerin Cream, Aquafor Ointment**, and **Vaseline**. All of these can be found in generic forms at most pharmacies, Wal-mart, or K-mart. Generics can save you a considerable amount of money and are just as effective.
- If your child has a favorite lotion or home remedy that you feel is effective, you may continue to use them, but apply one of the above stated moisturizers over the lotion.
- Take a WARM not hot bath daily. Do not dry your child completely. Apply moisturizer to the entire body before drying your child. This will keep the moisture “locked” in.
- This must be done EVERYDAY

### What do I do for Flare ups or extra dry rough patches on my childs skin?

- We may prescribe a steroid cream or ointment. You may also try to treat your child with over the counter 1% hydrocortisone cream or ointment
- Apply steroids to extra dry or itchy areas once daily for no more than two weeks out of every month. Over use of steroids can cause skin thinning and scarring, but if used properly are very safe and effective. Avoid using a steroid on the face unless you have discussed this with a physician.

### Limit your contact with things that can irritate your skin.

Some things that may irritate your skin include household cleansers, detergents, soap and other solvents. Try to avoid contact with things that make you break out with eczema. Because soaps and wetness can cause skin irritation, wash your hands only when necessary. Be sure to dry your hands completely after you wash them.

### Wear Gloves

Wear gloves when outside during the winter. Cold air and low humidity can dry skin, making the eczema worse.

### Wear clothes made of cotton or a cotton blend.

### Care for your skin in the bath or shower.

Bathe only with a mild soap, such as Dove, Basis or Oil of Olay. Use a small amount of soap when bathing. Keep the water temperature cool or warm, not hot. Soaking in the tub for a short time can be good for your skin because the skin's outer layer can absorb water and become less dry. Soak for 15 to 20 minutes. Then use a soft towel to pat your skin dry without rubbing. Immediately after drying, apply a moisturizer to your skin. This helps seal in the moisture.

### Avoid scratching or rubbing the itchy area.

### Avoid activities that cause your child to get hot and sweaty.

Too much heat and sweat can make your skin more irritated and itchy.