Eczema management plan

**Bath**
Once or twice daily in warm/tepid water
Add _____________________________
Pat dry (do not rub)

**Soap substitute**
Use _____________________________instead of soap
Use _____________________________instead of shampoo

**Topical Steroid**
These reduce inflammation in the skin.
Applying 1-2 minutes after the bath is best

1) _____________________________
Apply to inflamed (red) areas on **body** ___ x daily
until redness and itch has gone, then just use moisturiser

2) _____________________________
Apply to inflamed (red) areas on **face/neck** ___ x daily
until redness and itch has gone, then just use moisturiser

**Moisturiser**
Helps to stop skin from feeling dry and itchy
Apply all over (to good skin and red/inflamed skin), in same direction as hairs
Do not apply at the same time as steroid – wait at least 30 minutes
2-3 x daily (more often if you can)
Use generously – aim to finish a 500g tub every 2 weeks

**Oral antihistamine**
Give before bed to reduce itch and help sleep

**Other**
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