



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** _____