

Atopic Dermatitis / Eczema Care Plan

The intensity of the skin care regimen should be increased and decreased appropriately depending on the severity of the patient's eczema. Oral/systemic steroids should be avoided in the treatment of this chronic disease.

Daily Skin Care and Mild Eczema

- 1) Bath once daily for 5 to 20 minutes using warm water
- 2) Use a mild soap such as Dove or Oil of Olay-Sensitive Skin formula as needed
- 3) Pat water from skin and immediately apply moisturizer or skin medication to damp skin
- 4) Apply fragrance-free, additive-free moisturizer such as Vanicream, CeraVe, Aveeno or Aquaphor generously to non-inflamed/non-red skin at least twice daily
- 5) _____ should be applied to areas of mild eczema anywhere on the body twice daily, tapered to once daily as needed after improvement
- 6) Do not apply moisturizers on top of topical steroids

Moderate Eczema

- 1) Bathe twice daily for 5 to 20-minutes in warm water
- 2) _____ should be applied to inflamed areas of skin on the face, underarms and groin immediately after baths twice daily
- 3) _____ should be applied to inflamed areas of skin on the rest of the body after both baths
- 4) Apply fragrance-free, additive-free moisturizer such as Vanicream, CeraVe, Aveeno or Aquaphor generously to non-inflamed/non-red skin at least twice daily
- 5) Bactroban ointment may be applied to small, localized areas of infection three times daily
- 6) Wet socks covered by dry socks during the sleeping hours to the hands and feet when involved
- 7) Oral antihistamines such as diphenhydramine (Benadryl) may be used as needed to help control itching

Severe Eczema

- 1) Bathe three times daily for 5 to 20 minutes in warm water
- 2) A wet face cloth (with eyes and mouth cut out) should be used for rash involving the face
- 3) Pat skin dry with towel after each bath
- 4) _____ should be applied after the morning and bedtime baths to severe areas of eczema on the face, underarms and groin
- 5) _____ should be applied after the morning and bedtime baths to severe areas of eczema on the rest of the body
- 6) An additive-free and fragrance-free moisturizer such as Vanicream, CeraVe, Aveeno or Aquaphor should be applied to the entire body after the midday bath and to all unaffected skin after the morning and bedtime baths
- 7) Wet pajamas and wet underwear followed by dry pajamas should be worn for a minimum of 2 hours after each bath
- 8) Wet socks covered by dry socks should be worn on the hands and feet for a minimum of 2 hours after each bath

- 9) Areas of skin that may be infected should be cultured by a health care provider and consideration of an antibiotic (either oral or topical) should be given
- 10) Use a T/Sal or T/Gel shampoo daily for scalp involvement. Use only with one bath per day and use only at the end of the bath
- 11) Consider the use of diphenhydramine (Benadryl) or hydroxyzine at bedtime or during the day for severe itching

Signature of Educator

Date

Signature of Parent/Responsible Party

Date