

This eczema plan belongs to: _____ Date of birth: _____

Allergies: _____



IMPORTANT! If skin is crusty, weepy or blisters, speak to a healthcare professional at your surgery the same day



Moisturise all over EVERY DAY even when my skin is not red/itchy



My moisturiser:

Use all over and often
(usually twice daily)



Avoid soap
and bubble
bath

My non-soap product (for washing):

Bathe for a maximum of 10 mins

How to apply your
moisturiser:
[www.bris.ac.uk/ewap/
videos](http://www.bris.ac.uk/ewap/videos)

Red/itchy
skin

Clear skin
for 48
hours



If skin is red or itchy, continue to use my moisturiser plus a flare control cream/ointment applied to the affected areas only



Flare/control cream/ointment for my face:

Once/twice daily for ____ days



One fingertip treats an area
the size of 2 adult hands

Flare/control cream/ointment for my body:

Once/twice daily for ____ days

Apply at least 15 mins before
or after moisturiser using the
fingertip unit method
www.bris.ac.uk/ewap/videos

No better
within 7-14
days



If skin is still not getting better speak to a healthcare professional at my surgery



Prepared by: _____ Date: _____ Role: _____ Review date: _____

[Eczema essentials]

Eczema is a long-term condition that comes in cycles – getting worse and better. Good skin care with two treatments (moisturiser and flare cream/ointment) used well can control most children's eczema.

Top Tips

- Moisturise every day, even when the skin is clear
- Apply moisturiser using downward strokes – do not rub in
- Do an extra rinse when washing clothes
- Wear soft, comfortable, loose clothing
- Keep fingernails short to prevent damage to skin
- Remember to re-order your creams



There are different types of moisturisers - if you don't like yours, ask your GP for a different one.



Moisturising the skin keeps moisture in and protects against outside irritants. Find a moisturiser that suits you and your child and use it every day

- It's ok to try different moisturisers, talk to your GP/nurse if you don't like one you have been given.
- Expect to use large amounts – up to a large pump/tub (500ml/g) a week.
- If your moisturiser comes in a tub, use a spoon to scoop the moisturiser out. Getting it out with your hands can contaminate the pot and lead to skin infections.



Flare control creams or ointments such as corticosteroids or calcineurin inhibitors treat red, itchy skin

- Corticosteroids come in different strengths: mild (e.g. hydrocortisone 1%), moderate (e.g. eumovate) and potent (e.g. betnovate/elocon).
- Calcineurin inhibitors (e.g. protopic) are also sometimes recommended.
- Stronger creams and ointments are safe to use if applied in the right way. Follow your plan for which treatment to use where and for how long.

Recognise a flare: A 'flare' is a worsening of the eczema. Skin may become red, sore, (more) itchy, crack or bleed.

Recognise infected eczema: If skin suddenly worsens, weeps or crusts it could be infected and your child may need antibiotics – seek urgent advice. Blisters or cold sores need antiviral treatment – see a doctor the same day.

Food allergy: While it is more common for children with eczema to have a food allergy, it is not usually the cause of eczema.

Links to check out

- <http://eczema.org/>
- <http://www.nottinghameczema.org.uk/>
- [http://www.nhs.uk/conditions/Eczema-\(atopic\)](http://www.nhs.uk/conditions/Eczema-(atopic))
- <http://eczemaoutreachscotland.org.uk/>

Things that can make the skin worse

- Soaps and bubble baths
- Perfumed products
- Detergents
- Wool clothing
- Extremes of temperature (e.g. hot bath water)
- Sand, soil, modelling clay, paints
- Stress



Try to break the "itch-scratch" cycle by tapping or blowing on the itch area; using a cold pack; or wearing cotton gloves at night.

- Moisturisers can also be used to wash with but take care, they can make the bath/shower slippery
- PAT your skin dry after bathing and apply your moisturiser straight afterwards.
- Applying moisturisers can be messy, but they wash off.
- **FIRE HAZARD** – Keep greasy ointments away from flames.



Record of your child's treatment preferences

My treatment	When used	Rate your treatment	Notes
<i>e.g. Hydromol ointment</i>	<i>January-March 2017</i>		<i>Effective but greasy when put on skin</i>

Other treatments tried (prescribed or non-prescribed):



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