

## Eczema Tips

- Itch that rashes: No scratch = No rash
- Comes and Goes: even without any specific triggers
- Triggers: dryness, heat, pressure, rubbing/scratching, sweat, dust mite & pet allergies

### Treatment:

- **Keep Skin Moist**
  - **MOISTURIZE at least twice daily and after showers/baths**
  - For Hand Eczema: Use Barrier Creams
  - Bath better than showers:
    - Soak in water in bath 10 min (15 min max)
    - Use no or little soap (Unscented Dove or Oil of Olay soap best)
    - Pat dry with towel, do not rub (will irritate skin if rub)
    - Put medicated cream on red itchy spots (see below)
    - Moisturize rest of skin right away to lock in water from bath
  - No fabric softener
    - If have to use: liquid softener better & double rinse
    - Can use Dryer Balls or crumpled aluminum foil in dryer
  - Keep nails short
  - Wear soft, comfortable fabrics, ie cotton, but NO wool

### Medication:

- **Steroid Creams/Ointments**
  - Topical (on surface of skin only)
  - Can cause thinning/bruising of skin, therefore use only on red itchy areas, not on normal skin
- **Non-Steroid Creams/Ointments**
  - Names: Protopic , Elidel, Eucrisa
  - Topical
  - No thinning of the skin, so safe to use on face
  - When first using, you may feel a burning sensation – this usually improves with prolonged use, or may leave in fridge to keep cool
- **How to Apply Treatment**
  - Use **Rx** creams/ointment on rash at **FIRST sign of symptoms 2x/day** EVERY day until rash **COMPLETLEY resolved** (skin smooth)
  - Should not require Rx cream/ointment for  $\geq$  1-2 weeks at a time
  - **Rx cream first** on rash, **wait 15 min** to let it soak (unless after bath shower, then apply moisturizer right away), **moisturize** after everywhere then if on **hands use barrier cream** on top
  - **Continue to moisturize daily even if skin healthy/normal**