

Eczema Action Plan

Eczema under control

Skin soft, supple, maybe some dryness

- 1 Bathe (5-10 minutes) in lukewarm water every _____ .
- 2 Apply moisturizer to all skin within 3 minutes of finishing bath.
- 3 Apply moisturizer **2 more times** during day to skin that feels dry or often flares.

Eczema flare

Itchy skin with redness or rash

Use your child's medicine and moisturizer (shown below) as often as indicated.

Bathe your child (5-10 minutes) in lukewarm water every _____ .

Within 3 minutes of bathing:

- Apply child's medicine (shown below) to the eczema.
- Apply child's moisturizer, skipping areas with medicine. You don't want to apply moisturizer on top of the medicine.

Medicine for mild flare *(redness, some itch)*

Face _____ Apply _____ times a day (maximum ____ days)
Scalp _____ Apply _____ times a day (maximum ____ days)
Body _____ Apply _____ times a day (maximum ____ days)

Medicine for moderate or severe flare *(very itchy rash)*

Face _____ Apply _____ times a day (maximum ____ days)
Scalp _____ Apply _____ times a day (maximum ____ days)
Body _____ Apply _____ times a day (maximum ____ days)

Cleanser

_____ Use _____ times a day

Moisturizer

Day _____ Apply _____ times a day
Night _____

Other medicine

Itching *(day)*
Take _____ tsp/cc/pills of _____ in the morning.

Itching *(night)*
Take _____ tsp/cc/pills of _____ before bed.

Skin
Take _____ tsp/cc/pills of _____ for _____ days,
taking _____ times per day.

When to call the dermatologist

- Skin weeping, oozing pus
- Skin very painful
- Severe itch
- Fever
- Chills
- Eczema remains the same or barely diminishes with treatment

If your child has a **fever and clusters of itchy blisters**, call your dermatologist immediately. If you cannot reach your dermatologist, take your child to the nearest emergency room.

Dermatologist _____

Phone _____

