



Dermatology (Skin) Department
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Eczema Care Plan For:

Steroid cream- only to be used on the itchy red patches.

Stage:	What do I need to use?	How often should I use it?	How long should I use it for?
1 Severe/infected (Crusty or weeping)			
2 Moderate (Red)			
3 Mild (Pink patches)			
4 Very mild (Dry)			



Top tips!

(For eczema)

1. Emollients are not a drug, so it's impossible to overdose. Make sure to use it as much as possible, about 4-6 times a day.
2. Cutting your finger nails will stop you from scratching your skin, which will make it worse!
3. Eczema is not catching, so going to the swimming pool is fine, but the chlorine in the water can make it worse. Make sure to put on your emollient before and after you swim.
4. Keeping cool and having cotton clothing and bedding stops it getting worse.
5. Cold sores can be caught easily by people with eczema, or cause a nasty flare of eczema. So be careful and try to avoid people with cold sores.
6. Antihistamine tablets or syrups can be helpful for itchy flare ups, and are not addictive.
7. Oozing, scabbing, redness and increased soreness can be signs of infection. If you have a raised temperature and are unwell, see your doctor.

What do I put in my bath?

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What shampoo do I use?

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What do I use as a soap substitute?

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What emollient do I use?

Day:

Night:

How much should I use?

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Any other treatments?

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Signature

Date

