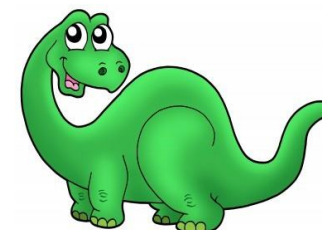


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**Document Number:** STHK1616  
**Version:** 002  
**Review Date:** 01 / 01 / 2026

## Dermatology (Skin) Department

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Eczema care plan for .....

**Remember, steroid cream is to be used on the red itchy patches only.**

Stage	What do I need to use?	How often should I use it?	How long should I use it for?
Stage 1 Severe/Infected (crusting or weeping)			
Stage 2 Moderate (red)			
Stage 3 Mild (pink patches)			
Stage 4 Very Mild (dry)			

- Emollients are not a drug so it is impossible to overdose. Be sure to use them as much as possible (around 4-6 times a day).
- Scratching will make your skin worse, cutting your fingernails regularly will help.
- Eczema is not contagious. Going into a swimming pool is fine, but please be aware that the chlorine in the water can cause your eczema to flare. Apply emollient before and after swimming.
- Keeping cool and having cotton clothing and bedding can help stop your eczema getting worse.
- Cold sores can be caught easily by people with eczema and cause the eczema to flare. Avoid close contact with people who have cold sores.
- Antihistamine tablets or syrups can be helpful for severe/itchy flare ups of eczema.
- Oozing, scabbing, redness and soreness can all be signs of an infection. If you think your eczema is infected, see your GP.

**What do I put in my bath?.....**

**What Shampoo do I use? .....**

**What do I use as a soap substitute?**  
 .....

**What emollient do I use?**

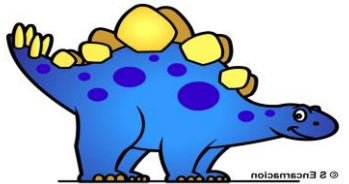
**Day:** .....

**Night:** .....

**Emollients and moisturisers are very important for the management of your eczema. However, when they dry onto your clothes they can be flammable. Please be cautious and avoid contact with naked flames. 🔥**

**Other treatments.....**

**Sign ..... Date.....**



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