

Place Patient Sticker here

Eczema Action Plan

Moisturiser

- Use every day, all over.
- Apply morning and night and whenever else you can.
- Use even when not itchy.
- Can be used instead of soap.



Bath

- No soap or bubble bath.
- Use soap-free wash or moisturiser.
- Dilute bleach baths* two times a week

*see the Bleach Bath Instructions sheet

For 4.2% Value Extra Strength Bleach:

Add 1ml bleach per litre of water
(1/4 cup to 10cm deep full-sized bath)
Mix well. Soak for 10 minutes then
Rinse with fresh water



Topical Steroid (milder)

- Once a day to eczema that is red and itchy.
- Stop when not red and itchy, start if eczema comes back.



Face, neck and groin



Topical Steroid (stronger)

- Once a day to ALL eczema that is red* and itchy (not just the worst bits).
- *On darker skin, eczema may look lighter or darker, and rough, not red.
- Stop when eczema has gone. Start as soon as eczema comes back.



Trunk, arms and legs



Note: all products listed are those available on prescription for eczema care, except bleach bath products.

See your doctor if: Eczema is infected – pustules, blisters, painful, weeping – antibiotics may be needed
Eczema is not going away with regular daily use of topical steroids for more than 2 weeks
Eczema is causing waking at night, missing school, mood problems

Eczema Videos are available at www.kidshealth.org.nz