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# 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](http://www.kidshealth.org.nz)*