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# Eczema Care Plan

## Bath

- No soap or bubble bath.
- Use soap-free wash or moisturiser.
- Antiseptic baths should be given twice a week.
  - See 'Bleach Baths for Eczema' information sheet.



## 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.



## Topical Steroid (milder)

- Once a day to ALL 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 dark skin, eczema may look dark and rough, not red.
- Stop when not red and itchy, start if eczema comes back.



## Trunk, arms and legs



**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)*