

Name:

Address:

CHI:

*Affix patient data label*

**Treatment for flare (skin is red, itchy & inflamed)**

Treatment	Where to?	How often?	How long for?

**Oral Medications (if required)**

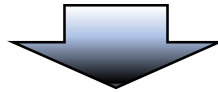
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**Maintenance treatment**

Start this once treatment for the flare is completed and the eczema is better controlled

Treatment	Where to?	How often?

Use maintenance treatment as directed unless skin is completely clear for 14 days then stop. Restart if eczema returns.

❖ **Moisturiser** \_\_\_\_\_

Use moisturiser ALL OVER the face & body **every day**, even if skin is not itchy or red  
Apply in downward strokes 3-4 times per day

❖ **Soap Substitute** \_\_\_\_\_

Bathe for 5-10 minutes daily or on alternate days

# Tips for management your child's eczema

## Bathing

- Bath or shower your child for 5-10 minutes daily or every other day
- Avoid soap, shower gels or bubble bath.
- Gently dry the skin then apply moisturiser (emollient).

## Moisturisers

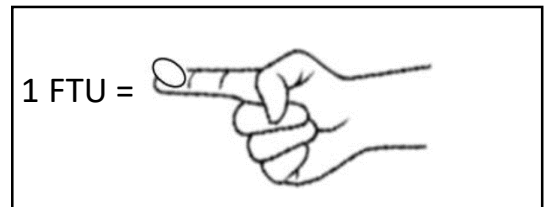
- Applying moisturisers regularly can reduce how often eczema flares.
- Wash your hands before applying.
- If using a tub remove emollient with a spoon before applying.
- Apply frequently (3-4 times daily) when skin dry. Aim to use 250g-500g per week.

## Steroid creams and ointments

- Apply at night, *30 minutes after moisturiser* to red areas only.
- See below guidance on fingertip units for quantity.
- Maintenance treatment of eczema refers to applying steroid cream or ointment 2 or 3 days a week to prevent flares.

## Finger tip units (FTU) for steroids in children

1 FTU is around 0.5grams of cream or ointment. See below for the amount of finger tip units for body sites in children:



Number of adult finger tip units (FTU)					
Age	Entire Face & neck	Entire arm & hand (each)	Entire leg & foot (each)	Entire front of chest & abdomen	Entire back & buttocks
3-12months	1	1	1.5	1	1.5
1-2yrs	1.5	1.5	2	2	3
3-5yrs	1.5	2	3	3	3.5
6-10yrs	2	2.5	4.5	3.5	5
over 10yrs (according to size)	2.5	4	8	7	7

## Infections

Children with eczema often get skin infections when the skin is scratched and broken. If you notice any weeping or crusted areas on your child's skin or any small spots or blisters that are spreading this may be a sign of infection on the skin and you should contact your doctor.

Children with eczema should not have close physical contact with anyone who has an active cold sore.