

# Eczema Management Plan

## A. Bathing

- a. Bathe or shower (once a day /every other day / twice a week)
- b. Use lukewarm water
- c. Use a non soap cleanser such as Cetaphil, CeraVe, Aveeno Body Wash or Dove Body Wash
- d. Avoid bubble bath, perfumed soaps and scented “baby” skin care products
- e. Bleach baths can be done if directed by your physician
  - i. 1/4 cup of bleach in 1/4 tub of bath water or 1/2 cup of bleach in 1/2 tub of bath water. For a baby bath use 2 TBSP of bleach. Bleach = Clorox or Javex
  - ii. Bleach baths are to be done 3 times a week for 10 minutes unless otherwise instructed

## B. Moisturizing

- a. This should be done a minimum of twice a day and especially after the bath, before the skin is completely dry.
- b. Use creams or ointments not lotions. Examples are Cetaphil cream, CeraVe cream, Vaseline Creamy, Glaxal Base, Lipikar, Stelatopia, Aveeno Eczema Care, Vaseline Petroleum Jelly, and Aquaphor.

## C. Clothing

- a. Should be soft cotton or a cotton polyester blend or silk. Avoid wool and 100% polyester.
- b. Wash clothing in a gentle detergent such as Ivory Snow, Tide Free and Gentle, Purex Free and Clear or Arm and Hammer.

D. Treatment - This should be applied before the moisturizer.

a. Face and folds

b. Torso

c. Limbs

d. Scalp

e. Other treatments

- i. Antihistamines (Benadryl or Hydroxyzine) may be given to help control the itch and scratching, especially at night.
- ii. Antibiotics – Topical antibiotics such as Fucidin or Mupirocin ointment can be applied twice a day to any areas that are crusted or have pustules. Oral antibiotics such as Keflex or Septra should be given as directed by your physician to clear secondary infection.