**Eczema (atopic dermatitis) Recommendations**

* Eczema is worsened by both **dryness** and **inflammation**

**Dryness treatment**

1. Daily (as often as feasible) bath for 10-15 minutes with mild soap (dove, cetaphil, etc.). No bubble baths.
2. Pat skin dry and quickly apply steroid medication (below) and moisturizer ointment (Vaseline or aquaphor). When not using steroid medication, continue to always apply moisturizer ointment after bath. This helps  
   lock-in moisture.
3. For spot treatment during the day, use a fragrance free moisturizer cream/ointment (ointment works better) such as CeraVe, Vaseline, Aquaphor Vanicream, Curel, or mineral oil
4. Continue applying daily moisturizer cream/ointment even when skin is healed to avoid future flares.

**Inflammation treatment**

1. Apply prescription topical steroid twice daily in a thin coat. One application should be after a bath or shower.
2. Cover steroid with a thin coat of moisturizer ointment.
3. Stop applying steroid when rash improved and skin smooth (usually 5-7 days). Treat new areas in the same way.
4. **Do not use topical steroid of face** as it may cause permanent skin thinning.

**Expected course**

* Eczema is a chronic and recurrent condition. The key to good control is daily moisturizing and adequate treatment of flares
* Benadryl can be used, especially as needed at night, to help with itching during flares
* If the rash hasn’t improved in 10 days with above treatment, contact Dr. Price.
* If rash is weepy, oozing, or with yellow crust, call Dr. Price, as this may indicate an infection.

**Moisturizer effectiveness: Ointment > Cream > Lotion**