



Atopic Dermatitis (Eczema) Skin Care Regimen

MAINTENANCE OR DAILY CARE

1. Take at least one bath or shower per day (baths preferred); use warm water, for 10-20 minutes.
2. Use a gentle cleansing bar or wash in the sensitive skin formulation as needed, such as Dove.
3. Pat away excess water and immediately (within 3 minutes) apply moisturizers or maintenance medication if directed. Moisturizers should not be applied over any topical medications.

Suggested Moisturizers: _____

4. Avoid skin irritants, proven allergens, or anything that seems to make condition worse.
5. During active flare ups, use bleach baths to decrease bacteria on skin and chance of infections:
 1. Use 1 tablespoon of *unscented* household bleach for a full bathtub.
 2. Soak in bath for about 20 minutes, then rinse your body off.
 3. Use bleach baths up to 4 times per week during active flareups.

****Do NOT use bleach baths if you have any open wounds****

MILD TO MODERATE ATOPIC DERMATITIS

1. Bathe and cleanse as above for 10-20 minutes, once (and possible twice daily).
2. Moisturize healed and unaffected skin, twice daily especially after baths, and at mid-day total body.
3. Apply **topical prescribed medications (steroids or other)** to affected areas twice daily, especially after baths, or as directed below:

Name/Directions: _____

4. Add other medications as directed (e.g. oral antihistamines): _____

MODERATE TO SEVERE ATOPIC DERMATITIS

1. Bathe and cleanse as above for 10-20 minutes, two times a day, once before bedtime (or consider antibacterial cleanser, such as Lever 2000).
2. Moisturize healed and unaffected skin, twice daily especially after baths, and at mid-day total body.
3. Apply **topical prescribed medications (steroids or other)** to affected areas twice daily, especially after baths, or as directed below:

Name/Directions: _____

4. Use **wet wrap therapy** to involved areas selectively as directed:
 1. Before bed, take warm bath/shower (bath preferred) for 15-20 minutes. Pat skin dry with towel.
 2. Apply appropriate **moisturizer** on unaffected areas and **topical medications** on affected areas immediately after pat drying skin.
 3. Soak the wrapping (i.e. cotton bandages, clean cotton clothing) so that it is damp.
 4. Wring out excess water, then immediately wrap the wet wrapping around affected areas.
 5. Wrap dry dressing (i.e. cotton bandages, clean cotton clothing i.e. tube socks, pajamas) over the wet wrap to lock and trap in moisture.

- Link for possible wraps (wet or dry): www.eczema.com/wet-wraps-for-eczema-relief/

6. Remove dressings in the morning. Moisturizers may then be applied to entire body.

7. You may use video link for reference: www.youtube.com/watch?v=8GZCCTZAl0

****Do NOT use wet wrap therapy if you have active infection of skin****

5. Add other medications as directed (e.g. oral antihistamines): _____