

CHILDREN WITH ECZEMA

ECZEMA INFORMATION

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Eczema can affect any part of the body and can change a lot from day to day.

The treatment your child needs for eczema will change from time to time.

Skin with dry, red, itchy, inflamed active eczema gets infected easily. Infection is the most common cause of eczema becoming worse or flaring.

Avoid contact with cold sores. The cold sore virus can cause severe painful infection. See your doctor if you think eczema is infected with the cold sore virus.

Your surroundings may irritate or trigger eczema. These include soap, detergent, dust, pet fur, house dust mites and overheating

Children with eczema can develop food allergies. Removing foods does not usually improve eczema. See your doctor if you are still concerned about food allergy.

A few children will still have bad eczema even with good skin care and need to see a specialist.

ECZEMA SKIN CARE

BATHING

Bath every day in warm water for 10 minutes or less. Bath twice a day when eczema becomes worse or flares.

After bathing pat skin dry, but do not rub. Do not share bath towels. Now apply creams.

Bath oil in the bath can help moisturize the skin.

Antiseptic baths twice a week can help prevent infection and improve eczema. See Bleach Bath Instructions.

Antiseptic bath oils can be used but are not funded on prescription. When using them follow the instructions on the container.

Shampoo hair after bathing and rinse off over a basin.

MOISTURISER

Apply lots of moisturiser to all the body after bathing and let it soak into the skin.

Moisturising often every day reduces topical steroid use. Use a lot more moisturiser during flares.

TOPICAL STEROIDS

Apply topical steroids immediately after the bath, before or after moisturising.

Don't wait for eczema to get really bad before starting to use steroid creams. When the skin is no longer red and itchy STOP topical steroids and keep moisturising.

HANDY HINTS

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Wash your hands before and after applying creams.

Let your child help to apply their own creams.

Choose products without fragrance and perfume.

Keep your child's fingernails and toenails clean, filed and short.

Don't dress your child too warmly and keep the bedroom cool.

Avoid putting scratchy fabrics next to your child's skin.

Damp dust and vacuum the house regularly.

Chlorinated swimming pools may worsen some children's eczema. Apply moisturiser before swimming, shower after swimming and apply moisturiser again. Some children prefer saltwater pools or the sea.

The best sun protection is shade and clothing. Sun creams can be used on skin without active eczema. Choose a sun cream for sensitive skin with an SPF 30 or more.