

ECZEMA FLARE: CARE PLAN

5 years of age & over

The NZ Child and Youth Eczema Clinical Network | Te Rōpū Kiripai Hapori



Place patient sticker here

FOR MORE INFO:



Date: _____

Visit
kidshealth.org.nz
for eczema
videos

BATH:

- Once a day. No soap or bubble bath.
- Use soap-free wash or moisturiser as a soap substitute.
- Dilute bleach bathing, if prescribed: ☐

MOISTURISER:

- Use every day, all over.
- Apply morning and night and at other times as often as you like.
- Apply when needed to soothe itch.
- Can be used instead of soap.

YOUR MOISTURISER IS:

Prescriber to tick

- ☐ Cetomacrogol & Glycerol (Sorbolene) ☐ Fatty cream
- ☐ Paraffin 50:50 ☐ Cetomacrogol
- ☐ Other: _____

TOPICAL STEROID: FACE

- Once a day to eczema that is red/darker and itchy.
- Do not use Aristocort on eyelids.
- If there is no eczema, just moisturise.

YOUR FACE STEROID IS:

Prescriber to tick

- ☐ 1% hydrocortisone ☐ Aristocort
- ☐ Other: _____

TOPICAL STEROID: BODY, ARMS & LEGS

- Once a day to ALL eczema that is rough, red/darker and itchy.
- You can mix half and half with moisturiser to help it spread over large areas.

YOUR BODY STEROID IS:

Prescriber to tick

- ☐ Locoid
- ☐ Elocon
- ☐ Other: _____

TREATMENT PLAN:

- Apply steroids on days with ☒
- Prescriber to circle start day.
- See your prescriber for review in 3 - 4 weeks to make a long term management plan.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
WEEK 2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
WEEKS 5+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

From week 5 onwards: EITHER use steroid to eczema as needed at the first sign of a flare OR if eczema patches flare often, use steroid as a preventer 2 days per week (Sat and Sun)



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa

Reviewed April 2025 | Review Due April 2027

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MOISTURISER

Cetomacrogol & Glycerol (Sorbolene)



Fatty Cream



Parrafin 50:50



Cetomacrogol



STEROIDS

1% Hydrocortisone



MILD

Aristocort

(triamcinolone acetonide 0.02%)



MEDIUM

Advantan

(methylprednisolone aceponate 0.1%)



POTENT

Locoid

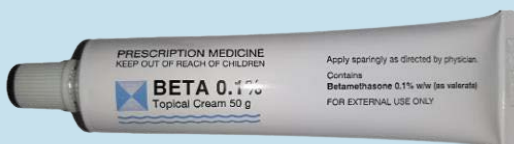
(hydrocortisone butyrate 0.1%)



POTENT

Beta

(betamethasone valerate 0.1%)



POTENT

Elocon

(mometasone furoate 0.1%)



POTENT