

Place Patient Sticker here

# Eczema Flare: Care Plan

## ≥5 years of age

### Bath

- Once a day. No soap or bubble bath.
- Use soap-free wash or moisturiser as a soap substitute.

### 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 circle)

Cetomacrogol glycerol (Sorbolene)

Paraffin 50:50

Fatty cream

Non ionic

Other \_\_\_\_\_

### Topical Steroid - Face, neck, groin

- 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 circle)

1% hydrocortisone

Aristocort

### Topical Steroid - Body, arms and 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 circle)

Locoid

Elocon

Other \_\_\_\_\_

**Please use steroid on**  **days** (prescriber to circle start day)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	-	-	-	-	-	-	-
Week 2	-	-	-	-	-	-	-
Week 3		-		-		-	
Week 4	-		-		-		-
Week 5 +						-	-
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 a week (Sat & Sunday)							

**See your prescriber for review in 3-4 weeks to make a long term management plan**

*Eczema Videos are available at [www.kidshealth.org.nz](http://www.kidshealth.org.nz)*

# Moisturiser

Sorbolene



Fatty cream



Paraffin 50:50



# Steroids

1% hydrocortisone



Aristocort (triamcinolone acetonide 0.02%)



Advantan (methylprednisolone aceponate 0.1%)



Locoid (hydrocortisone butyrate 0.1%)



Beta (betamethasone valerate 0.1%)



Elocon (mometasone furoate 0.1%)

