ECZEMA SKIN CARE

▪Eczema is a condition which causes the skin to be dry, inflamed, and itchy.
▪Caring for this condition requires careful attention to daily cleansing and moisturizing.
▪Some forms of eczema (such as atopic dermatitis) are associated with sensitive skin. Patients
 with sensitive skin need to avoid local irritants.
▪The following guide is recommended for patients with eczema:

Skin Cleansing:
1. Cleaning the skin will remove dirt but will also remove the protective oily layers.
2. Harsh soaps will further strip the skin of this protective layer and so they should be avoided. Examples of harsh soaps are the "deodorant soaps" such as Dial, Coast, and Irish Spring.
3. Recommended mild soaps/cleansers include: **Dove soap, Cetaphil Skin Cleanser, Purpose soap, Aveeno, and Cereve cleanser**.
4. Bathe in **warm water** once a day. Bathing more frequently and using hot water will dry the skin and worsen the eczema.
5. Avoid scrubbing the skin with wash clothes, sponges or brushes.

Skin Moisturizing:
1. Moisturizers help relieve the dryness by retaining moisture in the skin.
2. Moisturizers should be **hypo-allergenic** and **fragrance-free**. Recommended moisturizers include **Aveeno lotion/cream, Cetaphil lotion/cream, and Cereve lotion/cream**. For severely dry skin, an ointment-based moisturizer is recommended (Vaseline ointment, Aquaphor ointment).
3. After bathing, gently pat dry the skin and immediately apply the moisturizer. If a topical medication is prescribed then rub this in well then apply the moisturizer.
4. Reapply the moisturizer as needed throughout the day. If you look dry then reapply the moisturizer. This may be 2-3 times per day.

Avoid Irritants:
1. Use a laundry detergent for sensitive skin (**Cheer Free & Gentle, Dreft, All Free Clear**).
2. Run clothes through a second rinse cycle to remove any residual detergents.
3. Wear comfortable clothing. Clothing made from cotton is recommended. Avoid wool.
4. Avoid heavily scented products.