

## WRITTEN ECZEMA CARE PLAN



### STEP 1

Every day, take a 5- to 10-minute bath or shower. If this is not enjoyable or is uncomfortable, take a shower or bath every second day. You can use a gentle cleanser if you wish. Gently towel dry.

### STEP 2

Apply prescription medications to any areas of eczema that are red, rough, and/or itchy.

Apply \_\_\_\_\_ to the affected areas of the face, neck, armpits, and groin  
times per day.

Apply \_\_\_\_\_ to the scalp \_\_\_\_\_ times per day.

Apply \_\_\_\_\_ to other affected areas of the body \_\_\_\_\_ times per day.

### STEP 3

Apply a moisturizer to the unaffected areas of the body, within a few minutes of exiting the bath or shower.

### ADDITIONAL INSTRUCTIONS

- Moisturizer may be applied throughout the day, whenever the skin feels dry or itchy, or after any contact with water (e.g. bathing, swimming, etc).
- Continue using the prescription medications until the skin is clear, smooth, and the redness and itchiness is gone. If after two weeks of regular medication use, your skin has not cleared, speak with your physician.
- After the rash has cleared, continue applying moisturizer at least two times a day to the entire body.
- Restart the prescription medications, as described in **Step 2**, when the eczema flares again.
- Oozing fluid, yellow crusts, blisters, and/or red swelling need to be reported to your doctor immediately. This could be an infection or other concern.

### NOTES

#### IMPORTANT NOTE:

Should you have any questions about this care plan or any concerns related to your eczema treatment, contact the prescribing doctor.