

WRITTEN ECZEMA CARE PLAN



Patient Name: _____

Date: _____

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

Physician Name: _____ Physician Signature: _____

IMPORTANT NOTE:

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

DISCLAIMER: This written care plan is developed by Canadian dermatologists for the Eczema Society of Canada (ESC) and is based on evidence and expert opinion available at the time of publication, as of January 2020. This document is a sample tool as provided in the ESC primary care guidance document *Atopic Dermatitis: A Practical Guide to Management, Fourth Edition, January 2020*.

This plan is not a substitute for physician clinical judgment and individualized patient care. ESC disclaims any and all liability for all damages and losses arising from any patient, caregiver, and health care practitioner use or misuse of this form.

For more information on Eczema Society of Canada visit www.eczemahelp.ca