

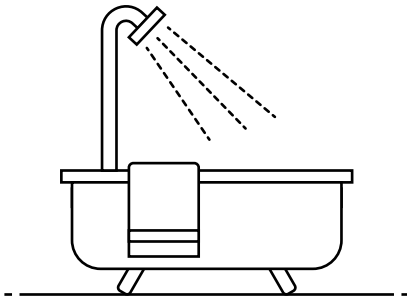


# ECZEMA SKIN CARE BASICS

Eczema, also called atopic dermatitis, is a common skin condition that causes dry, itchy skin that can rash, crack, and bleed. Eczema can range from mild to severe. Basic eczema care usually includes skin care and the use of topical medications to manage inflammation (flares) when needed. When eczema is more severe, or the inflammation doesn't get better with topical medications, a specialist such as a dermatologist can help.

Eczema Society of Canada (ESC) thanks Canadian doctors Rachel Asiniwasis, MD, FRCPC (dermatology), Joseph Lam, MD, FRCPC (paediatrics), and Simon Nigen, MD FRCPC (dermatology), for providing the content in this resource.

**DISCLAIMER:** Information provided in this resource does not constitute medical advice and is not intended to be used as a diagnostic tool. The information is up-to-date at the time of publication. All medications, interventions, and treatment plans have risks and benefits, and it is important that individuals discuss their or their child's specific health care needs with a qualified health care professional.



## BATHING

Baths or showers using warm water (not hot!) can be limited to 5 to 10 minutes in duration to avoid over-drying the skin.



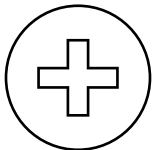
## MOISTURIZING

Applying moisturizer to dry skin can help to reduce itch and make dry skin feel more comfortable. You can view ESC's Seal of Acceptance program online at [eczemahelp.ca](http://eczemahelp.ca)



## TOPICAL MEDICATIONS

Prescription topical medications may be prescribed to treat the patches or areas of inflammation, and should be used as per your/your child's doctor's instructions.



## REMEMBER

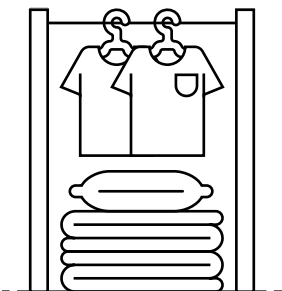
Infected eczema (e.g. yellow scabbing, visible pus, swollen skin, and/or increasing pain and warmth) needs to be seen by a doctor immediately.



## DID YOU KNOW?

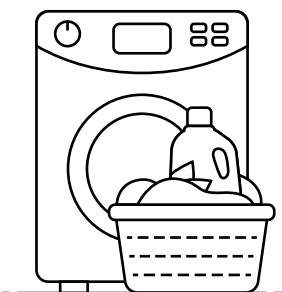
Atopic dermatitis (AD) is the most common form of eczema, and the terms AD and eczema are often used interchangeably.

# AROUND THE HOME



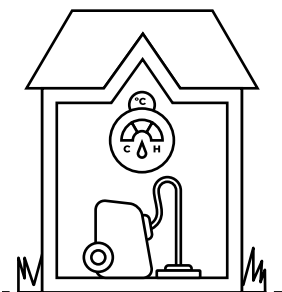
## CLOTHING & BEDDING

Soft clothing and bedding, such as those made from 100% cotton, may be preferred. Bed linens and towels should be washed regularly.



## LAUNDRY

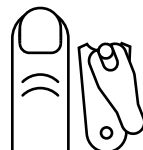
Look for fragrance-free and dye-free laundry products formulated for sensitive skin.



## ENVIRONMENT

The skin may feel more comfortable if the home is kept cool instead of hot. Avoiding or reducing triggers as much as possible may also help.

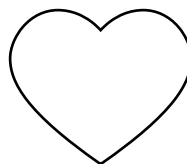
# KEEP IN MIND



Keep nails smooth and trimmed short to reduce damage done by scratching.



Moisturizing dry skin may help to reduce itch.



If your eczema is not getting better, ask the health care provider about additional treatment options that can bring relief.



Try to reduce stress as much as possible as stress can make your eczema worse. Taking a walk, meditating or doing something you enjoy may help.

## NOTES:

**For more information about Eczema Society of Canada visit [eczema-help.ca](https://eczema-help.ca)**

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