

Eczema is a genetic condition in which your child's skin barrier is more sensitive and can more easily become dry or inflamed. Common triggers are friction/scratching, wet/dry, and chemicals. If not treated, your child's skin can be more susceptible to infection.

PREVENTION: Daily skin care routine

- **Bath:** If your child enjoys a bath, allow him or her to soak daily in lukewarm water for 10-15 minutes. Use a gentle cleanser only for dirty areas. Wash hair last so your child doesn't sit in the shampoo. Avoid bubble baths. After the bath, pat the skin dry, leaving it damp to the touch. Apply moisturizer last.
- **Moisturizer:** Apply plain (no smell or color) moisturizer anytime your child's skin is dry. Lotions are thin and absorbed quickly. Creams and ointments last longer. Newer generation creams with **ceramide** are best for eczema and can be applied to your child's face and body.

TREATMENT: Skin is itchy, red, or scaly

Itchy, red, or scaly skin is a sign your child's skin is inflamed. This requires an anti-inflammatory medicine twice a day to resolve. Follow the treatment plan below:

- **Topical Medications:** Apply a thin layer to areas of the skin that are red, rough, and itchy.
 - Apply _____ to affected areas of the face, neck, armpits, and groin, twice a day.
 - Apply _____ to affected areas of the body, twice a day.
 - Continue the prescription skin medications until the red, rough rash is gone. Follow-up with your provider if not improved in one week.
- **Antihistamines:** May help with itching and poor sleep due to eczema.
 - Give _____ of Benadryl 30 minutes before bedtime when your child is itchy.
- **Follow-up Care:** After the rash has cleared, continue preventative skin care.

CAUTION: Eczema can easily disrupt your child's protective skin barrier allowing the normal bacteria on the surface of skin to cause an infection. Signs of infection include: oozing, drainage, pus bumps and yellow crust. Talk to your doctor right away if you are concerned about skin infection. Mild infections can sometimes be handled with a prescription antibiotic ointment but more serious infections might need oral antibiotics.

