

Tips for Treating Eczema

1. **Moisturization is the keystone of treatment and prevention for eczema!** Moisturize copiously at least 2-3 times per day.
 - **Ointments** are the **MOST** effective: *Aquaphor, Vaseline*
 - **Creams** are the next most effective: *Cetaphil, Eucerin* (should be scooped out of jar, not a pump)
 - Lotions are the least effective (anything that can be pumped out is mostly water and alcohol and will not sufficiently moisturize the skin)
2. Avoid fragrances, scented lotions or lotions with colors and dyes.
3. Bathe daily or at least every other day in warm water. Avoid soaps that have colors or fragrances.
4. Consider bleach baths or salt baths to help decrease inflammation of the skin 1-2 times per week. Allow child to soak in water for 10-15 minutes and then rinse off with plenty of fresh warm water.
 - **Bleach bath:** 1/2 cup household bleach in full bathtub or 1/4 cup in half-filled tub
 - **Salt bath:** 1 Cup plain Epsom salt to bath water.
5. After bath, gently pat dry and moisturize copiously.
6. If using a topical steroid, apply to skin first and then apply moisturizer on top.
7. Do not use topical steroids for more than 14 days consecutively.
8. Wet wrap therapy can be tried in moderate to severe eczema. (see separate handout)
9. If the eczema is worsening or not improving, there are certain foods that can cause eczema flare ups. The most common are: dairy, egg, wheat, peanuts. These can affect even nursing infants. Sometimes an elimination diet may help identify food triggers.
10. If you are doing all of the above but the rash is worsening or not improving in 1-2 weeks come back to see me in the office!