



Indiana Allergy and Asthma

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PEDIATRIC ECZEMA HANDOUT

Eczema is inflammation of the skin and involves itching, dryness, redness, occasionally infection. It is important to control all these factors as well as to avoid irritants and allergens.

1. If possible, wash clothes in a gentle detergent, like All Free and Clear. Rinse all clothes twice. Do not use fabric softeners or fabric softener dryer sheets.
2. If allergens have been identified, avoid these.
3. It is very important to CONTROL ITCHING. Eczema has been called "the itch that rashes". To control this use the following antihistamine: Cetirizine 5 mg NIGHTLY.
4. Use soaking baths daily to promote moisturization. Soak in warm water, no soap. If soap is needed, use only at the end of the bath. Use Dove white bar soap or Vanicream soap. Pat dry and immediately apply moisturizer as prescribed. If you are using steroid or other medicated cream/ointment, apply that to the rash before the moisturizer.
5. MOISTURIZATION IS KEY to controlling eczema. Moisturizers should be used at least twice a day and more is encouraged if the eczema is severe. Moisturizers seal the skin, so should always be used on top of any medication. Recommended moisturizers include: Vanicream, Eucerin, Aquaphor, Cetaphil, Water Washable Base.
6. Steroid creams work to control the inflammation, the underlying problem with eczema. These are used both acutely, for flares, and chronically to maintain control.

For a FLARE on the BODY, use Triamcinolone 0.1% cream. Apply to body rash twice daily for 2 weeks then just 2 days per week.

For a FLARE on the FACE, use Hydrocortisone 1% cream. Apply to face rash once a day.

7. People with eczema have more staph (a bacteria) on their skin. Occasionally this gets out of control. For this infection, use:

1/2 cup of bleach in a tub full of water ("bleach bath") 3x per week. After 10 minutes, rinse with lukewarm water and apply moisturizer.