



1285 Hembree Road
Suite 100
Roswell, GA 30076
770-442-1050
www.northfultonpediatrics.com

Eczema

Cause

Eczema, also known as atopic dermatitis, is an inherited type of sensitive skin. A family history of eczema and/or asthma makes it more likely that your child has eczema. It is a chronic condition. Usually flare-ups alternate with periods of relief. Many cases clear up by age three, but flare-ups may occur throughout adolescence and adulthood caused by stress, irritants, allergies, changes in climate, as well as other factors.

Symptoms

- Chapped cheeks
- Dry, scaly skin
- Outbreaks around bending joints, including elbows, knees, and neck.
- Intensely itchy, raw area
- Red, weepy, crusted lesions caused by scratching

Home Treatment

Bathing – Use a mild, non-irritating cleanser that is formulated for sensitive skin. (Dove soap or Cetaphil are good choices)

– Bathing daily or every other day is fine.

– Use warm, not hot, water; avoid washcloths, which can be abrasive; pat dry, do not rub.

Moisturizing – Immediately after bathing, to seal in moisture and soothe dry skin, use a moisturizer with no irritants or fragrances. (Good choices are Aquaphor Ointment, Eucerin cream, or Lubriderm)

– Daily moisturizing is essential to keep the skin healthy even during periods without flare-up.

Use of Steroid Cream – Steroid creams/ointments applied to the skin surface are used short term during an acute flare-up only. It helps calm the itch and heals the skin. When the rash quiets down, you can gradually stop the use of the steroid cream/ointment but continue the rest of the daily basic skin care regimen.

Medication: _____ apply _____ times a day to excoriated, itchy areas during flare-ups.

What starts a flare-up? How to control irritants

Laundry – Choose a mild detergent free of dye, perfume, and fragrances such as Cheer Free or Wisk Free.

– Avoid use of dryer sheets; you may use an unscented fabric softener in the wash but nothing in the dryer.

Clothing – Choose cotton clothing when possible. Wash new clothes before they are worn to remove excess dye.

Hygiene – Keep your child's fingernails clean and cut short to minimize injury from scratching.

Sunscreen – Protect your child's skin by using a non-irritating, moisturizing SPF 30 sunscreen.