

Top Tips for MANAGING ECZEMA

The following hints and tips will help to manage your child's eczema

Medicated creams and ointments

- Moisturise every day, even when there is no eczema
- Use prescribed topical steroids as directed by your doctor or nurse practitioner when there is eczema
- Moisturisers containing common allergy causing foods such as cow's milk, goat products and nut oils are not recommended

Bathing

- Bath or shower once a day where possible
 - Gently remove any eczema crusts while in the bath – this will allow the prescribed topical steroids to work better
- Avoid soap products and bubble bath as they dry the skin
- Also avoid products which contain perfume or fragrance as they can irritate the skin
- Use a shampoo for sensitive skin when washing hair

Triggers

- Avoid overheating – children with eczema get hot quickly and this can make eczema more itchy
 - Try not to overdress children – 100% cotton clothing is preferred
 - Avoid heavy blankets and quilts on the bed – soft cotton or silk sheets are recommended and a thin cotton blanket or a lightweight sleeping bag in cooler weather
 - Where possible, do not have heaters in bedrooms
- Keep fingernails short and clean – this can help prevent damage to skin from scratching
- Remove prickly materials such as clothing tags if the child's skin is affected by them