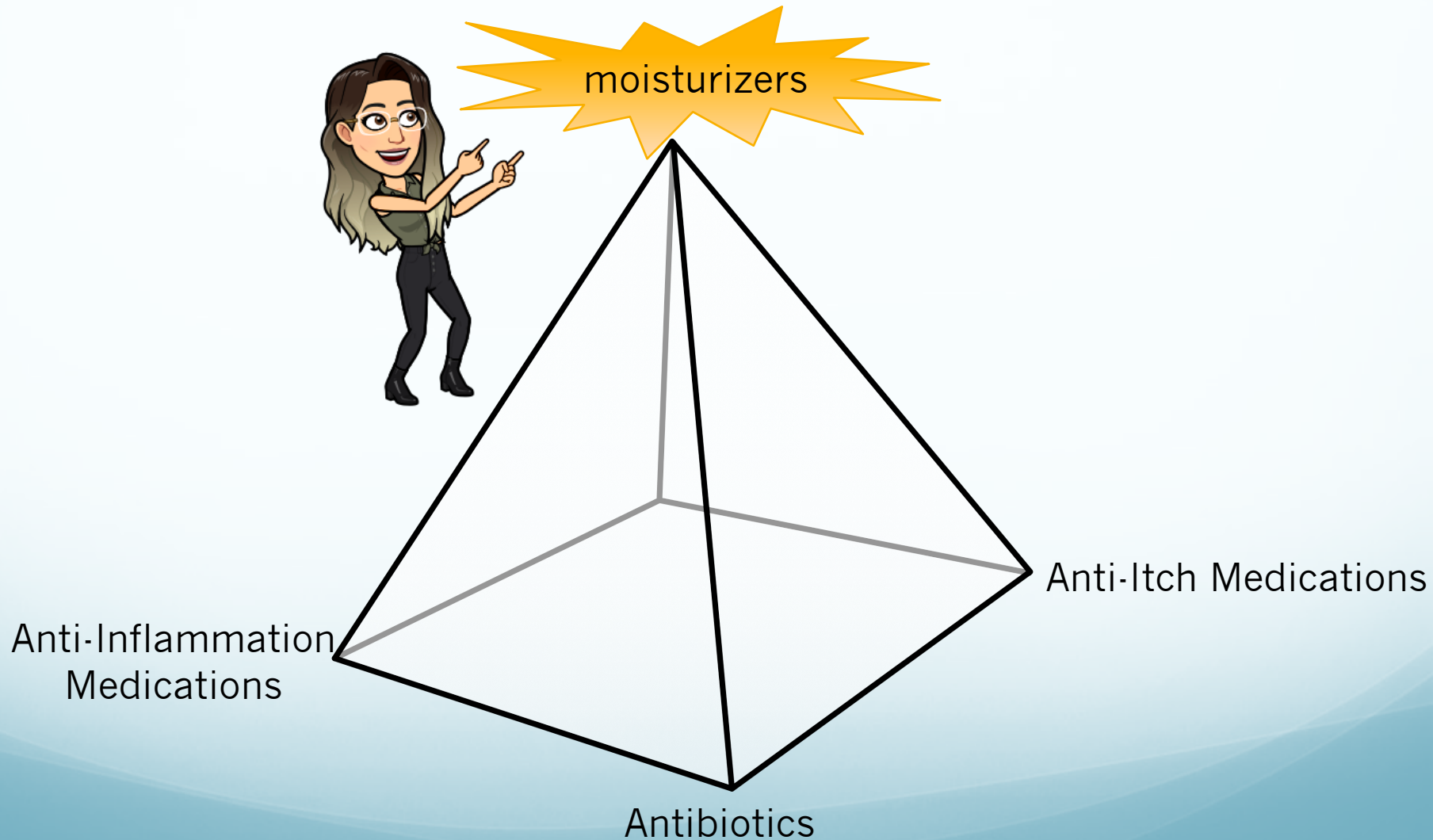


# Skin care for eczema

Multidisciplinary Atopic Dermatitis Program

# Principles of Eczema Treatment



# Bathing

Its ok to  
bathe  
daily !

- We recommend that you bathe once every day or every other day
- Always put a moisturizer on after bathing
- Use gentle soaps
- If you have medicine creams or ointments, then you should put them on right after you bathe, before the moisturizer

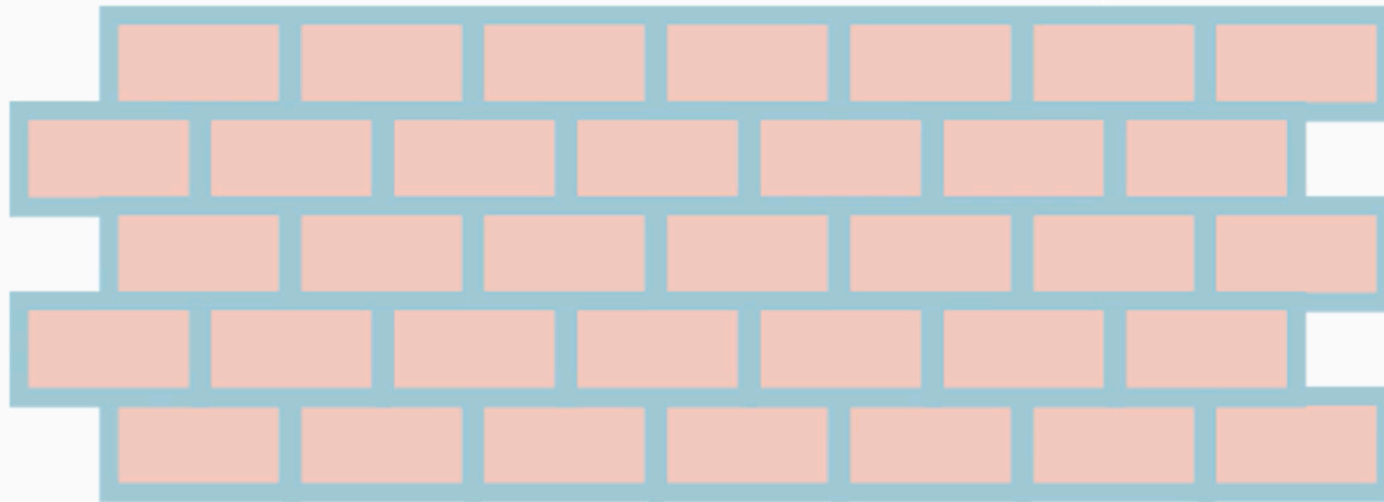
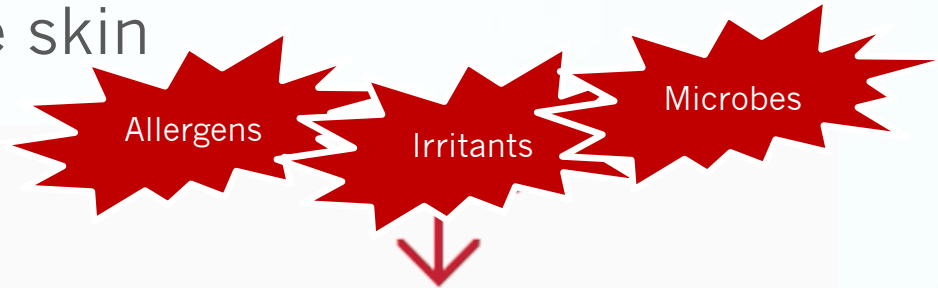


# Moisturizers

- Using moisturizer is the best way to keep eczema under control
- Frequent use of moisturizer is essential to improve and maintain the condition of the skin

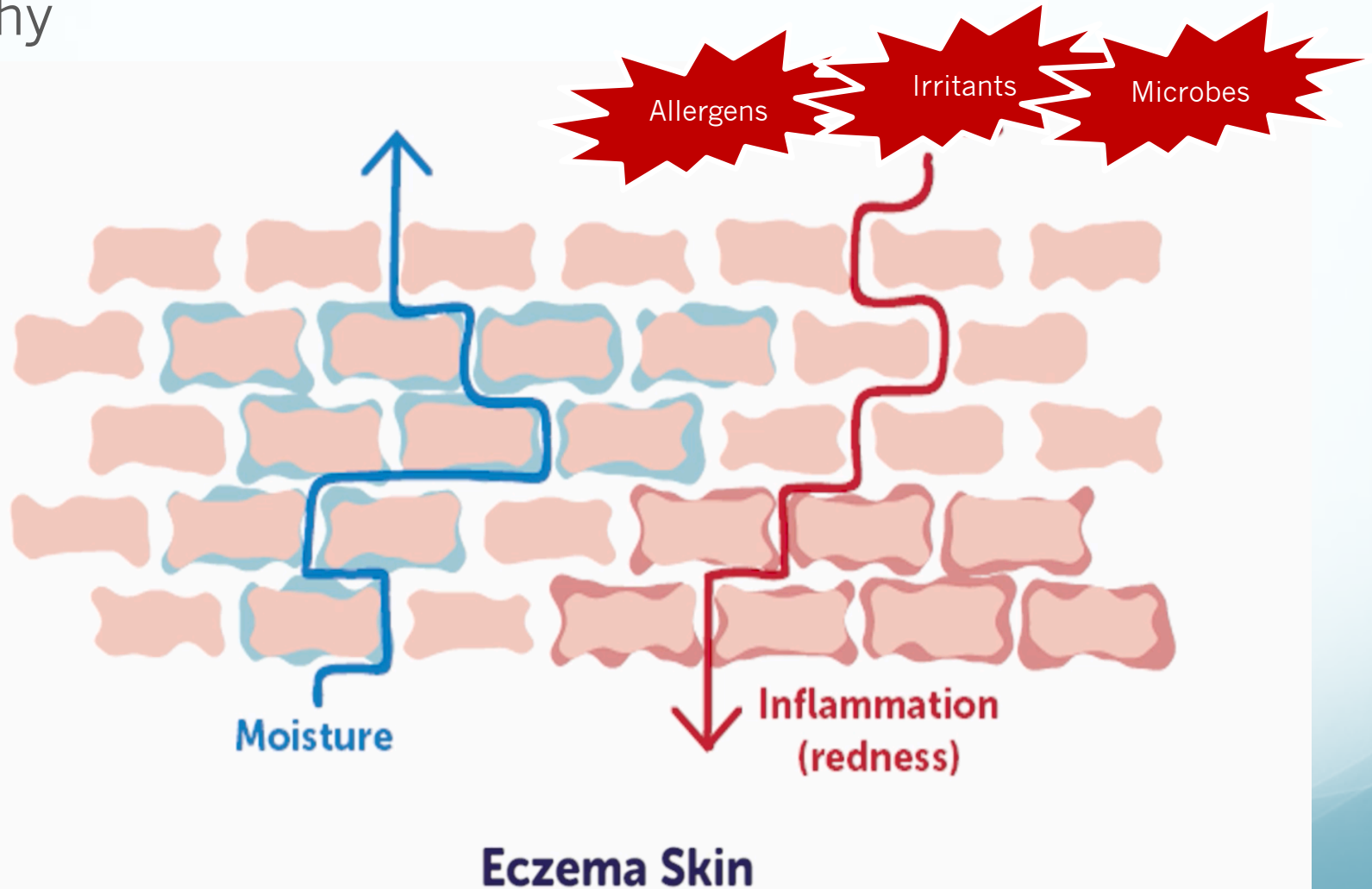


- Our skin provides a barrier that helps control temperature and hydration
- Our skin also helps stop allergens, irritants, and microbes from getting through the skin



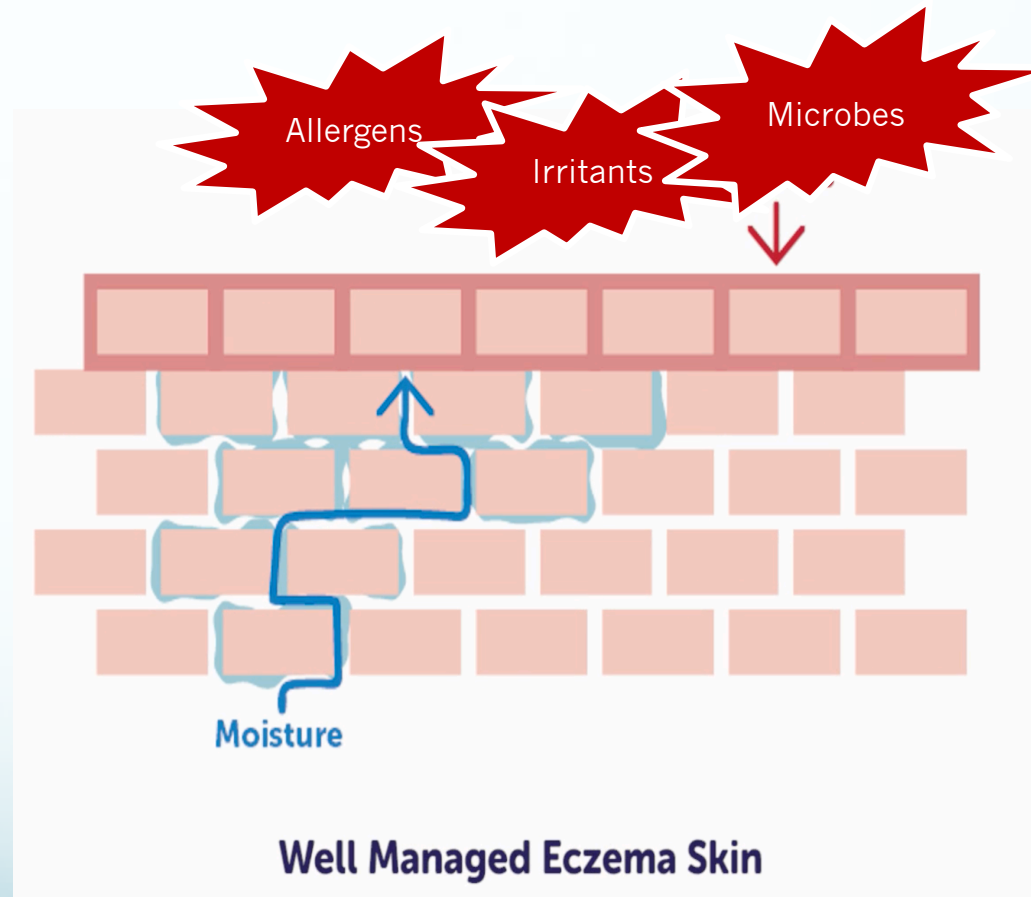
**Normal Skin**

- In people with eczema, the skin barrier does not work as well, and the skin tends to be dry and itchy



# Moisturizers

- Moisturizers fill the gaps between the skin cells; this reduces water loss from the skin and increases hydration
- Moisturizers reduce water loss, improve dryness, decrease itch, and protect the skin from things that can make eczema worse (allergens, irritants, and microbes)





# Moisturizers

The **gooier**  
the better!!



- Not all moisturizers are as good at keeping skin hydrated
- Generally, the thicker the moisturizer, the better it will work
- Ointments are the best at keeping our skin hydrated
- Try not to use moisturizers with scents or perfumes

<b>Lotion (Water based)</b>	<b>Cream (oil based)</b>	<b>Ointment (oil based)</b>
Easy to rub in, but work the <i>least</i> at keeping the skin hydrated	Are between	Are the thickest and the best at keeping the skin hydrated



# Wet Wrap therapy

- For severe eczema flares, we recommend wet wrap therapy to not only help rehydrate and calm the skin, but also to help topical medications work better
- Typically, we recommend doing this at least once a day until the flare has calmed down
  - A good time to do this is at night
  - Leave overnight and remove the next morning

## You will need:

1. Topical medication
2. Gauze
3. Bowl with warm water
4. Surgical netting or a sock with ends cut out or “Coban” self adhesive wrap

Don't worry, we will teach you how to do wet wraps !



# Steps to do wet wraps:



1  
After soaking or wetting the skin, apply topical medication to affected skin.



2  
Dip some gauze into bowl of warm water so it is damp.

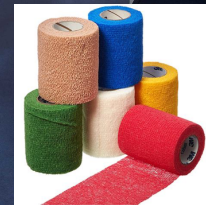
Next, wrap the WET gauze around the affected area



3  
Then, gently wrap a DRY layer of gauze over the wet one.



4  
Lastly, cover gauze with surgical netting, a sock with ends cut out or "Coban" self-adhesive wrap. Leave on overnight or for several hours.



# Skin infections and eczema

- Sometimes, skin with eczema can get infected by bacteria. Often it is from Staph bacteria.
- If skin is infected, then we may use antibiotics to treat the infection.
- Oral antibiotics may be prescribed for more severe infections. Topical antibiotics may be used for localized infections.
- Antibiotics work differently than topical steroids, so you may have to use both at the same time.
- Preventive measures such as **bleach baths** are sometimes recommended.



# Bleach baths



1. Add bleach to water
  1. **Full tub:  $\frac{1}{2}$  cup bleach**
  2. **Half tub:  $\frac{1}{4}$  cup bleach**
2. Soak for 10 minutes
3. Rinse with fresh water and gently pat dry
4. Apply topical medication to affected areas
5. Apply moisturizer to the entire body



We will tell you how frequent you should do bleach baths

# Spray bottle Method:



1. **Add 1 teaspoon of bleach to about half a gallon of water and put into a spray bottle**
2. In the shower, spray all affected areas
3. Allow to soak for 10 minutes
4. Rinse with fresh water and gently pat dry
5. Apply topical medication to affected areas
6. Apply moisturizer to the entire body





# Summary

- The goal is to have minimal eczema rashes, very little itch, and sleep that isn't disturbed by itching or scratching.
- We work toward this goal by using good skin care, avoiding triggers, and using medicines regularly or as needed to minimize the eczema!
- There are a lot of things we can do to treat your eczema, get it under control, and keep it under control.
- Eczema is complicated. If you have questions, then please ask!
- You can read more about eczema at [www.nationaleczema.org](http://www.nationaleczema.org) or searching “Rady” and “Eczema” (<https://www.rchsd.org/programs-services/dermatology/eczema-and-inflammatory-skin-disease-center>)