



Patient Name: _____ Date of birth: _____
 Plan prepared by Doctor: _____ or Nurse Practitioner: _____
 Signed: _____ Date: _____

In order to manage your eczema or your child's eczema you should follow all of the selected recommendations below:

ACTION: MAINTAIN AND PROTECT SKIN

Apply _____ moisturiser at least _____ times/day
 Bath/shower with _____ (non-soap based body wash or oil)
 Immediately apply _____ moisturiser after bath/shower
 Additional bath instructions: _____
 Wet dressings: _____ times/day; _____ times/night

ACTION: TREAT FLARE

FACE TREATMENT

Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
 Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
 Night time application: _____ ointment or cream

BODY TREATMENT

Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
 Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
 Night time application: _____ ointment or cream

NOTE: Continue to use recommended treatment until skin looks and feels normal, or for _____ days

ACTION: CONTROL ITCH

Cold Compress Specifically designed garments: _____
 Antihistamine: _____ Dose: 1, 2 _____ mg tablet or _____ ml; 1 or 2 times/day
 Other: _____

ACTION: CONTROL AND PREVENT INFECTION

Bleach baths 1, 2 or 3 times/week:
 _____ mls unscented domestic bleach (~4 - 4.5%)/ _____ ml water OR
 _____ mls unscented domestic bleach in full, or 1/2 bath
 Additional instructions: _____
 Rinse and immediately apply moisturiser after bleach bath
 Nasal ointments: _____ 1, 2 times/day
 Treatment oral antibiotic: _____ Dose: 1, 2 _____ mg tablet or _____ ml; _____ times/day
 for a total of _____ days
 Oral antibiotic prophylaxis: _____ Dose: _____ mg tablet or _____ ml; _____ times/day
 Varicella vaccination Additional instructions: _____

ACTION: AVOID TRIGGERS AND IRRITANTS

House dust mite	Perfumed products
Other confirmed allergens: _____	Sand and sand pits
Soap products including bubble bath	Chlorinated pools
Wool and nylon	Other irritants: _____