



Patient Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Plan prepared by Doctor: \_\_\_\_\_ or Nurse Practitioner: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. MAINTAIN SKIN EVERY DAY regardless of whether eczema is present

- Daily bath or shower in lukewarm water with a non-soap based wash or oil (avoid soap and bubble bath products). Pat the skin dry then apply moisturiser.
- Apply non-perfumed moisturising cream to the whole body including the face at least once every day. Avoid moisturisers containing food proteins such as goat milk, wheatgerm and nut oils.

Name of moisturiser for face and body: \_\_\_\_\_ Use \_\_\_\_\_ times per day

## 2. TREAT ACTIVE ECZEMA (FLARE) and continue to maintain skin every day

- If prescribed, use topical corticosteroid or calcineurin inhibitor ointments or creams. Apply as soon as there is an eczema flare (red, itchy, dry, rough or broken skin), to all eczema affected areas, not just the worst areas, until the skin looks and feels normal. Apply moisturiser after using the prescribed treatment.

Face: \_\_\_\_\_ Use \_\_\_\_\_ times each day

Body: \_\_\_\_\_ Use \_\_\_\_\_ times each day

Scalp: \_\_\_\_\_ Use \_\_\_\_\_ times each day

### ADDITIONAL INSTRUCTIONS

- Wet dressings/wraps** - use as directed, on arms, legs, feet, chest, back, neck or scalp.
- A cool compress can be used on the face for 5-10 minutes at a time. Apply moisturiser afterwards.

### SEVERE ECZEMA: If prescribed, use a PBS listed treatment:

Dupixent® or  Rinvoq® or  Other \_\_\_\_\_

**TRIGGERS:** Avoid irritants such as fragranced products, soaps, over-dressing and over-heating with heaters and blankets. Rinse after swimming, then moisturise.

**INFECTIONS:** Bleach baths \_\_\_\_\_ times per week for \_\_\_\_\_ months – use as directed to treat and reduce risk of infected eczema.

**OTHER TREATMENTS:** \_\_\_\_\_

ECZEMA VIDEOS and information about wet dressings/wraps, bleach baths, moisturisers, topical corticosteroid ointments or creams are available at <https://preventallergies.org.au/eczema/managing-eczema/>