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HOME CARE INSTRUCTION FOR DRY SKIN PROBLEMS
(Atopic Dermatitis – Eczema and Psoriasis)

BATHING:

1. You may bathe the child every day. Pat the child dry after bath or shower. Do not rub the skin to dry him. After you're done drying the skin immediately apply your moisturizer. See Daily Routine and Care, for the name and brands of moisturizer to use.
2. Use Cetaphil lotion, Aveeno or Nutra-Soothe in the bath water. These products may also be used to cleanse, soften moisturize and soothe the skin. It may be applied liberally. Rub it in gently until the lotion form a white film; then wipe it off gently with a cotton cloth or an old soft cotton sheet. Do not remove all of the lotion you've applied. If necessary, you may apply a second layer and then wipe half of it off.
3. Cleansing the scalp may be done with Cetaphil lotion only. You may towel off any excess and use a comb or brush. DO NOT use oil or Vaseline in the hair.
4. You may take 1/2 cup of oatmeal and put it in a sock and place it in the bath water. This also helps soften and moisturize the skin.

DAILY ROUTINE AND CARE

Use hydrocortisone cream 1% on the skin three or four times daily for itching. Apply it sparingly to all affected area. Two brand name of hydrocortisone cream are: Topicort and Cortaid. Hydrocortisone cream also comes in .5% solution as well. Hydrocortisone may be used immediately after the bath or immediately after application Cetaphil lotion. After applying hydrocortisone cream you may apply a skin moisturizer such as Aqua Nil lotion, Moisturel, Lubrider, Eucerin or Pen Kera sparingly. These products moisturize the skin. It is important to buy UNSCENTED moisturizing creams for individuals with Atopic dermatitis.

OTHER PRECAUTIONS AND CARE INSTRUCTIONS

1. No perfumes, deodorants, Vaseline, oils or rubbing alcohols are to be used on individuals with Atopic dermatitis. They should also not wear woolens. Long sleeve shirts and long pants should be worn by the child when they are in contact with carpet or upholstery. Try to keep the child cool on a sheet or tile floor when his or her arms and legs are exposed.
2. People caring for children should not wear perfumes and they should not spray any perfumes or other aerosol products in the child's presence. Also, do not use spray disinfectants such as Lysol in the child's room. The children clothing should be washed is a soap detergent like Dreft or Ivory Snow and no fabric softener should be used in any bedding or clothing of the child. No fabric softener should be used in any garment that the child may come in contact



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with. Always place a burp rag such as a cloth diaper over your shoulder when placing the baby on a garment with fabric softener in it.

3. Keep the room and house cool and dress the child cooler than you would keep yourself. This will keep him more comfortable.
4. People caring for the child should not have upper respiratory tract infection, cold sore, fever, blisters. These viral infections can trigger Atopic dermatitis to flare-up and make it worse.
5. If the child is itching you may give the child Benadryl every four to six hours for itching. Please ask your physician for the correct dose. It is advisable to give an evening dose approximately 30 to 60 minutes prior to the child going to bed. This may help the child sleep more comfortably.
6. The use of a cool mist humidifier may also helps. Make sure you clean the inside of the machine every 24 hours to keep it free of mold and mildew.
7. The mold and mildew within the house may cause a flare-up in Atopic dermatitis, particularly in the winter. It is advisable to clean those areas with mold and mildew, such as the bathroom, and all windows and windowsills in the house with a solution of a mold and mildew cleanser.
8. In some case a child's skin may become secondarily infected. If this happens, you will need to contact the office to schedule an appointment. The child may need to take antibiotics or antibiotic ointment for these skin infections.

If you have any questions contact your physician's office for further help.