

DERMATOLOGY DEPARTMENT



ECZEMA

UNDERSTANDING ECZEMA INFORMATION FOR FAMILIES



Appointments

	Date	Time	Telephone
1st appointment and assessment			
2nd Review			
3rd Review			
4th Review			
5th Review			
6th Review			

ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



Name.....

Dob..... Age

CHI - Numbers

Parents or Carers

.....

Contact numbers.....

.....



ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



What is Eczema?

Eczema is a condition that causes the skin to be dry, red and very itchy. The exact underlying causes of eczema are not fully known but we know that the skin doesn't work properly as a barrier in people with eczema. Usually there is someone else in the family with eczema, asthma or hay fever. There are many triggers that can make eczema flare such as:

- **House dust mite**
- **Grass pollen**
- **Skin irritants**
- **Fragrance**
- **Temperature**
- **Cat/dog dander**
- **Infections**

Eczema is not contagious, which means it cannot be passed from person to person.

ECZEMA

UNDERSTANDING ECZEMA INFORMATION FOR FAMILIES



BATHING



- Have a bath or shower once a day if you can. This will clean your skin and help reduce skin infection
- You can add bath oil to your bath water to prevent the skin from drying out
- Do not use soap, shower gels or bubble bath as these products dry the skin. If the skin is sore or stinging you can apply a moisturiser before you get in the bath or shower
- Only stay in the bath for 5-10 minutes
- Do not have the water too hot!! (Tepid)
- When you get out of the bath or shower, pat your skin dry with a towel

DO NOT RUB the skin dry – as this can cause it to itch.

ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



SOAP SUBSTITUTE



- Use your soap substitute that you have been prescribed to wash with.
- Do NOT use soap, shower gels or bubble bath as these can dry and irritate the skin
- Please be careful as soap substitutes can make the bath slippery.

ECZEMA

UNDERSTANDING ECZEMA INFORMATION FOR FAMILIES



MOISTURISERS (Emollient)

Moisturisers are extremely important in the treatment of eczema as they help to lock moisture in the skin. They also stop irritants getting in which can make the skin itchy. Moisturisers also cool and soothe the skin.

Aim to apply the moisturiser at least 3 times a day; you may need to apply it more if your skin is very dry.

Dot the moisturiser onto the skin and then stroke in a downward direction in the line of the hair growth. It should NOT be rubbed in as this irritates the hair follicles.

Moisturisers should always be used by people with eczema, even when the skin is good.

Do not stop using your moisturiser when the skin gets better.

There are lots of different moisturisers, some **heavy** and better to apply at night (ointments) and some **lighter** and better for during the day (creams or lotions).

Use moisturisers that suit **YOU**.



ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



My Treatment Plan

My bath oil is

My moisturiser is (apply all over):

.....

My steroid creams are (only to red areas): How many times a day?

.....
.....
.....
.....
.....

Other creams:

.....

.....

ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



My soap substitute is

.....

.....

.....

Where to?

For how long?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



STEROIDS



An **ointment** is greasy and is good for “dry” and scaly skin.

A **cream** contains water and is thinner. Creams are good for wet “weeping” areas of skin.

Ointments feel more heavy whereas creams feel more light.

Steroid creams or ointments are used when eczema **FLARES**.

They should be applied thinly, to the affected area.

Only apply the steroid cream/ointment the number of times you have been told to, never apply it more than this.

ECZEMA

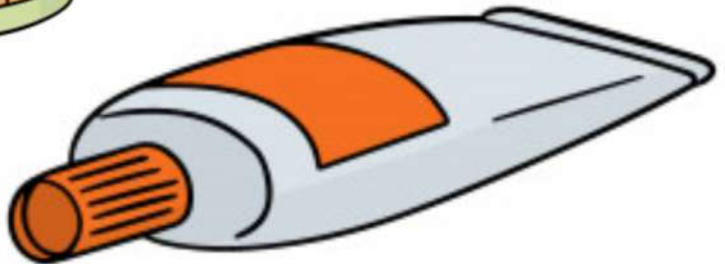
UNDERSTANDING ECZEMA INFORMATION FOR FAMILIES

Different steroids have different strengths:

- Weak
- Moderate
- Strong
- Very strong

Strong steroids are usually used for short periods for flares and to gain control and then can be reduced in strength.

You should leave 20 to 30 minutes between putting on your moisturisers and then putting on the steroid cream or ointment.



Topical Corticosteroids

I
N
C
R
E
A
S
E
D

Very Potent

CLOBETASOL
PROPIONATE 0.05%
(DERMOVATE)

Potent

FLUOCINOLONE ACETONIDE 0.025%
(SYNALAR)
BETAMETHASONE VALERATE 0.1%
(BETNOVATE)
HYDROCORTISONE BUTYRATE 0.1%
(LOCOID)
BETAMETHASONE DIPROPIONATE 0.05%
(DIPROSONE)
BETAMETHASONE DIPROPIONATE 0.05%
SALICYLIC ACID 3%
(DIPROSALIC)
MOMETASONE FUROATE 0.1%
(ELOCON)

Moderate

BETAMETHASONE VALERATE 0.025%
(BETNOVATERD)
FLUOCINOLONE ACETONIDE 0.00625%
(SYNALAR 1:4)
CLOBETASONE BUTYRATE 0.05%
EUMOVATE

Mild

HYDROCORTISONE 1.0%
FLUOCINOLONE ACETONIDE 0.0025%
(SYNALAR 1 IN 10)

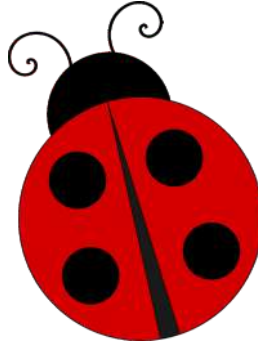
D
E
C
R
E
A
S
E
D

ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



INFECTION



Children with eczema often get skin infections. The skin is a barrier to keep bugs out, but if you have scratched and broken the skin, bugs can get in and cause infection.

When you are unwell, your eczema can flare as this puts stress on your body.

If you notice any weeping, crusted areas on your skin or any little blisters, you should see a doctor. You may get a temperature and feel unwell.

CLOTHING

It is better to choose cotton clothing because wool, polyester, nylon or acrylic fabrics can irritate the skin.

Washing new clothes before wearing will help to soften them and reduce irritation. Layering thin clothes rather than wearing one layer of thick clothing can help and you can remove one layer to keep cooler.

ECZEMA

UNDERSTANDING ECZEMA INFORMATION FOR FAMILIES



TEMPERATURE

Children with Eczema are very sensitive to changes in temperature and can flare when it is warm inside in the winter or outside in the summer.

Keeping the home and bedroom cooler, especially at bedtime, will help to stop itching and scratching caused by overheating.

THE SCRATCHING STRUGGLE

Eczema is a very itchy condition and scratching will make it worse. “The more you itch, the more you scratch”.

Scratching can lead to a break in the skin where infection and bacteria will get in. Scratching can also cause damage and thicken the skin.

Try your very best not to scratch. Rub or pinch the skin instead. Keep your fingernails short to reduce damage caused by scratching.



ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



BANDAGES and GARMENTS

Tubular bandages or garments can be worn over the creams and ointments to help prevent scratching. Covering the creams can also make them work better and be less messy.



ECZEMA

UNDERSTANDING ECZEMA
INFORMATION FOR FAMILIES



Dermatology Department
Queen Margaret Hospital
Whitefield Road
Dunfermline
Fife
KY12 0SU
01383 627015

Dermatology Department:
Victoria Hospital
Hayfield Road
Kirkcaldy
Fife
KY12 5AH
01592 643355

Eczema Outreach Support

Byerton House
129 High Street
Linlithgow
West Lothian
Scotland
EH49 7EJ

Family Tel: 08006226018
Office Tel: 01506 840395
Text: 0780 704 8070
Email: info@eos.org.uk

