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STEPWISE MANAGEMENT PLAN FOR
Eczema
(Atopic Dermatitis)

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 immune modulating treatment:_____

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/