



Patient Name: _____ Date of birth: _____

Prepared by Doctor or Nurse Practitioner: _____ Date: _____

<p>1. MAINTAIN SKIN EVERY DAY regardless of whether eczema is present</p>	<p>2. TREAT ACTIVE ECZEMA (FLARE) and continue to maintain skin every day</p>	<p>3. TREAT SEVERE ECZEMA and continue to maintain skin every day</p>
<ul style="list-style-type: none"> • A short bath or shower every day with a non-soap body wash or oil - lightly pat skin dry after with a towel • Moisturiser - apply twice each day to face and body straight after bath or shower - you can moisturise as many times as you need <p>Avoid moisturisers containing foods (such as nut oils or goat milk)</p> <ul style="list-style-type: none"> • Names of moisturiser/s for the face: <p>_____</p> <ul style="list-style-type: none"> • Names of moisturiser/s for the body: <p>_____</p> <ul style="list-style-type: none"> • Bleach baths _____ times per week - use as directed to reduce the risk of infected eczema 	<ul style="list-style-type: none"> • Cortisone and non-steroid creams or ointments – apply as soon as there is an eczema flare (redness, increased itch, dry rough areas) • Names of cream or ointment for the face: <p>_____</p> <p>Use _____ times each day</p> <ul style="list-style-type: none"> • Names of cream or ointment for the body: <p>_____</p> <p>Use _____ times each day</p> <ul style="list-style-type: none"> • Continue to apply cream or ointment until skin feels smooth and the eczema has completely gone • Wet dressings - use as directed, on arms, legs, feet, chest, back, neck or scalp • A cool compress can be used on the face <p>See your doctor or nurse practitioner if the eczema does not improve within a week</p>	<ul style="list-style-type: none"> • Cortisone and non-steroid creams or ointments – apply as soon as there is an eczema flare (redness, increased itch, dry rough areas) • Names of cream or ointment for the face: <p>_____</p> <p>Use _____ times each day</p> <ul style="list-style-type: none"> • Names of cream or ointment for the body: <p>_____</p> <p>Use _____ times each day</p> <ul style="list-style-type: none"> • Continue to apply cream or ointment until skin feels smooth and the eczema has completely gone • Wet dressings - use as directed, on arms, legs, feet, chest, back, neck or scalp • A cool compress can be used on the face <p>See your doctor or nurse practitioner if the eczema does not improve within a week</p>

INFECTIONS: Use _____ times each day – dose _____ for _____ days
 See your doctor or nurse practitioner if eczema does not improve or if unwell with a fever

OTHER TREATMENTS: _____

TRIGGERS: Avoid or minimise exposure to triggers and irritants where possible, such as soap or perfumed products, overheating/over dressing or exposure to prickly fabrics