Eczema Action Plan

**Eczema under control**
Skin soft, supple, maybe some dryness

1. Bathe (5-10 minutes) in lukewarm water every ____________.
2. Apply moisturizer to all skin within 3 minutes of finishing bath.
3. Apply moisturizer **2 more times** during day to skin that feels dry or often flares.

**Eczema flare**
Itchy skin with redness or rash

Use your child’s medicine and moisturizer (shown below) as often as indicated.

Bathe your child (5-10 minutes) in lukewarm water every ____________.

Within 3 minutes of bathing:
- Apply child’s medicine (shown below) to the eczema.
- Apply child’s moisturizer, skipping areas with medicine. You don’t want to apply moisturizer on top of the medicine.

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**Medicine for mild flare** (redness, some itch)

<table>
<thead>
<tr>
<th>Location</th>
<th>Apply _____ times a day (maximum _____ days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face</td>
<td></td>
</tr>
<tr>
<td>Scalp</td>
<td></td>
</tr>
<tr>
<td>Body</td>
<td></td>
</tr>
</tbody>
</table>

**Medicine for moderate or severe flare** (very itchy rash)

<table>
<thead>
<tr>
<th>Location</th>
<th>Apply _____ times a day (maximum _____ days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face</td>
<td></td>
</tr>
<tr>
<td>Scalp</td>
<td></td>
</tr>
<tr>
<td>Body</td>
<td></td>
</tr>
</tbody>
</table>

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**Cleanser**
Use _____ times a day

**Moisturizer**

<table>
<thead>
<tr>
<th>Time</th>
<th>Apply _____ times a day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td></td>
</tr>
<tr>
<td>Night</td>
<td></td>
</tr>
</tbody>
</table>

**Other medicine**

**Itching (day)**
Take _____ tsp/cc/pills of ______________ in the morning.

**Itching (night)**
Take _____ tsp/cc/pills of ______________ before bed.

**Skin**
Take _____ tsp/cc/pills of ______________ for ____ days, taking ____ times per day.

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**When to call the dermatologist**

- Skin weeping, oozing pus
- Skin very painful
- Severe itch
- Fever
- Chills
- Eczema remains the same or barely diminishes with treatment

If your child has a **fever and clusters of itchy blisters**, call your dermatologist immediately. If you cannot reach your dermatologist, take your child to the nearest emergency room.

Dermatologist __________________________

Phone __________________________