



Eczema treatment plan

Everyday management of your eczema

Bathing (Short bath or shower is important)

Add dispersible bath oil to bath _____ daily

OR

Use soap free wash in shower _____ daily

Moisturiser

Should be applied at least once a day to face and body within two minutes after bath or shower.

Face _____ morning noon afternoon night

Limbs and body _____ morning noon afternoon night

Comments _____

Active eczema (red, itchy, rough area)

Medicated ointments (Ointments are less likely to sting than cortisone creams and lotions)

Apply as soon as there is flare (e.g. sudden deterioration, redness, increased itch) and apply until the skin is clear and feels smooth. Apply liberally to ensure you are using adequate amounts. Recommence again as soon as there is another flare.

Scalp _____ morning night

Face/Armpits/Groin _____ morning night

Body/Limbs _____ morning night

Wet wraps (also known as wet dressings) may be recommended

Apply until eczema is clear or as specified by your treating doctor.

Use patient's own clothes (100% cotton preferred)

Use Tubifast™ garments

Apply wet dressings to the arms/legs/feet/chest /back _____ morning night

Comments _____

Apply cool compress to face to relieve itch morning noon afternoon night

Infected eczema or skin prone to infection

Dilute bleach baths may be recommended.

Dilute bleach baths _____ twice weekly other

Comments _____

Medications

(e.g. oral antibiotics, topical antibiotic ointment)

Take the following medications as prescribed morning noon afternoon night

Contact information _____

This plan was written by _____

Clinician name

Clinician signature

Date _____

This document can be made available in alternative formats on request for a person with a disability.

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