

## **Associated Pediatric Partners, S.C.**

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### **Atopic Dermatitis Treatment Plan**

#### **For DAILY SKIN CARE:**

Use the Soak and Seal approach

#### **Soak:**

- Bathe daily, soak in comfortable temperature water for 10-15 minutes (until skin on finger tips starts to wrinkle) Use a gentle cleanser; Dove/ Cetaphil
- No scrubbing

#### **Seal:**

- Pat dry within 3 minutes apply an moisturizer and sealer

Use creams or ointments not lotions. These are good choices: Cetaphil Cream, Cetaphil Restorederm, Aquaphor, Cerave Cream, Eucerin Cream.

#### **For ECZEMA FLARES:**

- Bathe daily in a dilute bleach bath (1/4 cup to 1/2 full standard tub).
- Soak as above. If areas affected are not submerged put a clean warm, dilute bleach, wet towel over that area.
- Apply low potency prescribed steroid cream to face or underarms continue daily until skin is smooth
- Apply steroid cream to the rest of the body continue daily until skin is smooth.
- After application of topical creams/ointments, apply the moisturizers as above to seal in the moisture.

You can then use wet wraps for hands and feet put a wet pair of mitts /socks covered by a dry pair.

Antihistamines (oral) like Atarax/Zyrtec/Allegra/Claritin can be used to decrease itching.