



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 a 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.

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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.

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