

# Your Eczema Action Plan

## What is an eczema action plan?

This action plan is a resource for information about your eczema and includes an individualized care plan that you and your healthcare provider can develop. The first page provides general information on eczema, some tips for management, and triggers to avoid. The second page is designed to allow you and your healthcare provider to create a regimen of treatments to help manage your eczema day-to-day and during flares.

## What is eczema?

Eczema, also called **atopic dermatitis**, is a chronic disease of the skin—meaning it can be an ongoing problem. It causes dry, itchy, inflamed skin and can be stressful for patients and their families. **It is not contagious.** It sometimes runs in families, but not everyone in the family will have eczema.

Even though there is no cure, there are lots of good ways to work with your healthcare provider to help control eczema. The BEST thing you can do for eczema is to keep the skin moisturized! People with eczema typically have dry skin, and the drier the skin, the more likely the skin will become irritated.

### Here are some tips:



Bathe daily



Moisturize 2 to 3 times daily



Use a small amount of mild non-soap or gentle skin cleanser



Choose fragrance-free soaps, moisturizers, and laundry detergent



Pat skin dry—don't rub

### Triggers to avoid

There is no single cause for eczema. However, there are a number of irritants in the environment that could make eczema worse for some people. These include:



Soap, bubble bath, and detergent with fragrance



Infections



Perfumed products



Dust, house dust mites, pet fur



Wearing wool or rough fabrics next to the skin



Overheating

See your healthcare provider for further assessment if worsening of skin occurs.

# How to Work With Your Healthcare Provider to Manage Your Eczema

## Daily skin care recommendations

Skin soft, supple, maybe some dryness

- Bathe 10 min or less, pat dry, no rubbing.
- Apply fragrance-free moisturizer to all skin within a few minutes of bathing to lock in moisture.
- Apply moisturizer **2 to 3 times per day**.

### Cleanser

\_\_\_\_\_ Use \_\_\_\_ times a day

### Moisturizer

Day \_\_\_\_\_ Apply \_\_\_\_ times a day

Night \_\_\_\_\_

### Medicine for maintenance (if applicable)

Face and sensitive areas \_\_\_\_\_

Apply \_\_\_\_\_ times a day (maximum \_\_\_\_\_ days)

Body \_\_\_\_\_

Apply \_\_\_\_\_ times a day (maximum \_\_\_\_\_ days)

## Active eczema

Itchy skin with redness or rash

Apply medicine as prescribed by your healthcare provider to the eczema.

### Medicine for active eczema (if applicable)

Face and sensitive areas \_\_\_\_\_

Body \_\_\_\_\_

### Other medicine prescribed by your healthcare provider for symptom relief (or as needed)

*For daytime*

Take \_\_\_\_\_ in the morning.

*For nighttime*

Take \_\_\_\_\_ before bed.

*For skin*

Take \_\_\_\_\_ for \_\_\_\_ days, \_\_\_\_\_ times per day.

Be sure to follow all eczema management instructions as directed by your healthcare provider.



### When to call your healthcare provider

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

If you cannot reach your healthcare provider, go to the nearest emergency room.

Healthcare Provider \_\_\_\_\_ Phone \_\_\_\_\_



### Other instructions from your healthcare provider:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For general information on atopic dermatitis, visit the National Eczema Association, Atopic Dermatitis at <https://nationaleczema.org/eczema/types-of-eczema/atopic-dermatitis/>.