

Help Treat Your Child's Eczema Flares

Children with eczema often have flares—times when their eczema gets worse. These flares can come and go. Even when better, some children may need to use eczema medicines sometimes on certain parts of the skin—called eczema “hot spots.”



Eczema flare



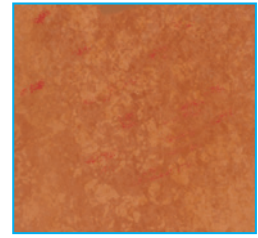
Improved eczema but with “hot spots” that can flare again

Glossary

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| Eczema hot spot | Parts of the body that have eczema come and go often. The folds of skin at the elbows and knees are common hot spots in children. |
| Flare | When your child's eczema gets worse—the skin gets more red, feels more bumpy, and gets very itchy. |
| Triggers | Things that can make your child's eczema worse. Common “triggers” are things like sweat, weather (hot or cold), soaps and shampoos that have smells added to them, and infections of the skin. |

How do I know when my child is having an eczema flare?

When a flare happens, the skin gets more red, feels more bumpy, and gets very itchy.



What is an eczema “hot spot”?

Many children with eczema have parts of their skin that frequently flare or get worse. These are called “hot spots.” Common “hot spots” are the elbow (where the skin folds) and behind the knee.

What should I always remember to do for my child’s eczema?

- Make sure to put moisturizer on two times a day—in the morning and at night. Remember, put the medicine on eczema “hot spots” if recommended by your doctor and then, sometime afterwards, cover all the other areas with the moisturizer.
- Have your child stay away from things that make the eczema worse (eczema triggers).



My Child’s Eczema Treatment Plan for Flares



- **Put medicine on “hot spots” as soon as they appear, if recommended by your doctor**
- **Follow your doctor’s instructions on which medicines to apply and how much of it**

Talk to your doctor about skin care for your child’s eczema.

The content contained in this brochure does not replace any medical advice given by your healthcare provider.

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