

Family Education Sheet

Atopic Dermatitis (Eczema) Action Plan



Boston Children's Hospital
Until every child is well™

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This Family Education Sheet gives you instructions on how to care for your child's eczema at home.

Bathing

- **Bath your child once a day** with warm (not hot) water for 5 to 10 minutes.
- Your doctor or nurse may recommend that your child take a dilute bleach bath a few times a week. These types of baths help get rid of germs that cause infections.
- To make a dilute bleach bath:
 - You'll need unscented household bleach, like Clorox. Bleach is also called "sodium hypochlorite."
 - Add 1/4 cup of bleach to a bathtub half full of water. Or, add 1 teaspoon (tsp) of bleach for each gallon of water that fills a baby-sized bathtub.
 - You can use a gallon of water to measure how much water you put in your tub.
 - Try not to get the dilute bleach water into your child's eyes. Do not let your child swallow this water.

Moisturizers

- To moisturize your child's skin, we suggest using ointments or creams. Don't use lotions because they're too thin. Types of moisturizers we recommend are:
 - Cera-Ve cream
 - Cetaphil cream
 - Hydrolatum
 - Petroleum jelly
 - Vanicream
 - Vaniply
- Put on any prescription medicine first. Then put on moisturizer.

Skin cleansers

- We recommend Cetaphil gentle skin cleanser and Vanicream body or face wash.
- Avoid baby branded products, like Dove Baby, Cetaphil Baby, Babyganics, Honest Baby, Johnson & Johnson, or California Baby.
- Don't use baby wipes. Instead, use a damp washcloth or WaterWipes®.

Home

- Stay away from products with plant derivatives or extracts, like calendula, lavender, and chamomile.
- Remove fragrances from your home, like Febreze, Glade, candles, and air fresheners.
- Use All Free & Clear or Tide Free & Gentle laundry detergent.

Wet wraps

Wet wraps can help treat your child's eczema. You'll use a special material to wrap your child's affected skin in a damp, protective layer. Sometimes, we use wet socks or pajamas as a wet wrap. Here's how to make a wet wrap:

1. Soak your child in lukewarm water for 5-10 minutes and gently pat them dry.
2. Apply a layer of prescribed topical medication to eczema.
3. Dip your child's pajamas, socks, or gloves into lukewarm water and get them damp. Then put them onto the area of skin with eczema.
4. If your child is cold, you can put dry pajamas or a warm cotton towel over the wet wrap.
5. Take the wet wrap off after 20 to 30 minutes.

Soak and smear

1. Soak your child (or areas of eczema) in lukewarm water for 5-10 minutes.
2. Take your child out of the bath. Apply a layer of the prescribed topical medication onto wet eczema areas.
3. Place dry tight cotton pajamas onto eczema areas and leave on for the night.
4. In the morning, take off the pajamas and put on the prescribed topical steroid to eczema.

<p>MAINTENANCE</p>  <p>Daily skin care</p>	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Moisturizer</u>: Use 2 times a day every day on all skin. Put on once after a bath and once at another time during the day. <input type="checkbox"/> <u>Dilute bleach baths</u>: Soak for 10 to 20 minutes 2 to 3 times a week. <input type="checkbox"/> For "hot spots" of eczema (where it frequently comes back after stopping topical steroids), apply _____ once daily, 3 times a week.
<p>FLARES</p>  <p>Areas of red, itchy, rough, scaly skin</p>	<ul style="list-style-type: none"> <input type="checkbox"/> <u>Moisturizer</u>: Use 2 times a day every day on all skin. Put on once after a bath and once at another time during the day. <input type="checkbox"/> <u>Dilute bleach baths</u>: Soak for 10 to 20 minutes 2 to 3 times a week. <input type="checkbox"/> Apply _____ twice a day to eczema on the face for 2 weeks. <input type="checkbox"/> Apply _____ twice a day to eczema on the body for 2 weeks. <input type="checkbox"/> Apply _____ twice a day to eczema on the scalp for 2 weeks.
<p>SEVERE FLARES</p>  <p>Areas of red, itchy, rough, scaly skin</p> <p><i>Itching is so bad that it keeps your child up at night and gets in the way of daily activities and school</i></p>	<p>Moisturizer: Use 2 times a day every day on all skin. Put on once after a bath and once at another time during the day.</p> <p>Do the soak and smear:</p> <ol style="list-style-type: none"> 1. Soak your child in lukewarm water every night for 20 minutes before bed. 2. Have your child drip dry. Don't dry off completely. 3. Use _____ to eczema on damp skin, and moisturizer to areas of normal skin without eczema. 4. Put your child in tight cotton pajamas for bed. 5. In the morning, use _____ on eczema, and moisturizer on areas of normal skin. 6. Repeat each night until the flare is over. <p>Make a wet wrap:</p> <ol style="list-style-type: none"> 1. Use _____ to eczema areas. 2. Use damp socks, gloves, or hand towel or wrap if you can. 3. If your child is cold, put dry socks, gloves, or pajamas on top of the wet wrap. 4. Keep the wet wrap on for at least 20-30 minutes, ideally overnight.