

ATOPIC DERMATITIS OR ECZEMA

YOU HAVE BEEN DIAGNOSED WITH ATOPIC DERMATITIS ALSO KNOWN AS ECZEMA



WHAT IS IT?

Atopic dermatitis (AD), also known as eczema, is a type of inflammation of the skin (dermatitis). It results in itchy, red, swollen, and cracked skin.

HOW DID I GET IT?

The exact cause is unknown, but there is evidence that it may be genetic, environmental or an immune system dysfunction.

DAILY TREATMENT

- Moisturize twice a day with Vaseline Jelly, Cetaphil, or CeraVe

TREATMENT FOR MILD FLARE UPS

- Use non-steroid once or twice a day (Elidel, Eucrisa, or Protopic)

TREATMENT FOR FLARE UPS

- Twice a day use steroid (Triamcinolone, Desonide, or Elocon) then cover the area with Vaseline and cotton clothing. Some patients prefer to wrap the area with saran wrap.
- On the arms, it is safe to do this five days in a row. Then you will need to take a few days off. If the rash persists, you may use it again for another five days.
- On the face, it is OK to use it for 2-3 a week (i.e., in the morning, that evening and the following morning). Be careful not to use it around your eyes.
- Eczema flare ups can sometimes get infected. To prevent infections, take bleach baths twice a week. Place 1/4 cup of bleach in a full warm bath.
- If a flare up is not improving with steroid treatment, please call our office for an appointment.