

## What To Do If Your Child Has Atopic Dermatitis

Taking care of a child who has atopic dermatitis (eczema) is a lot of work but you are not alone. About **10-20%** of children have this **Chronic** condition. You can improve your child's condition by closely following these steps, with the **MOST IMPORTANT** being the **FIRST TWO** steps (\*\*):

### Bathing and Moisturizing \*\*

- Bathe your child once or twice a day in lukewarm water for 5-10 minutes
- Use soap free, fragrance free cleansers to clean the body such as unscented Dove or Aveeno
- After bathing, do not vigorously dry your child instead pat dry leaving skin moist
- If needed, steroid ointments are best applied at this time (on any areas that are rough, red or itchy for your child)
- Lastly, now apply plain Vaseline over entire skin (including the areas treated with the steroid ointment)
- Important: Do not let the skin get dry before applying creams. If you do not like Vaseline other thick creams such as CeraVe, Aveeno Eczema care, Aquaphor, Lipikar, or Glaxal base can be used.
- You can also add oil (e.g. 1 capful of Alpha Keri oil or Aveeno oil) to your bath water
  - Make sure that your child does not slip and fall

### Medications \*\*

- Your child has been prescribed the following steroid ointments:
  - for the face, underarm and groin - Hydrocortisone 1% ointment
  - for the body Betamethasone (Betaderm) 0.05% ointment or other topical steroid ointment as per your doctor
- Apply ointments only onto affected areas, not entire skin
- These ointments should be applied **TWO** times per day with a flare and **THREE** times a day with a bad flare
  - There is no role for using steroid creams only once a day
- Normally, there are little to **NO** side effects, if used properly
- Your child may be prescribed a medication for itching: Hydroxyzine or Cetirizine or Benadryl
  - If prescribed, this medication should be taken regularly before bedtime

### Environment

- Keep your house cool if possible, and especially at night to reduce excessive sweating
- Try not use too many blankets at night
- Use a humidifier if your home is dry
- Eczema can be worse with the dryness in Winter months or worse in Summer due to sweating
- Consider using dust mite covers on your child's mattress and pillows

### Clothing

- Clothing that touches your child's skin should be 100% cotton
- Use a mild detergent, such as Baby Ivory Snow or fragrance free/dye free detergents
- Rinse your laundry twice if possible
- Do not use fabric softener or bleach

### Food

- There are no restrictions to foods in children with eczema
- Some foods such as fruits can cause redness around your child's mouth due to the acidity and the sensitivity of their skin
- Apply plain Vaseline to your child's face prior to feeding if this occurs
- If you see more concerning symptoms such as facial swelling, breathing problems, or immediately feeling unwell, seek medical attention.