

Eczema Care Plan

Name: _____ Health Professionals: _____

Eczema is a long-term skin condition that needs regular care. While it cannot be cured, there are simple actions that you can take to keep your skin healthy, meaning fewer flares and a faster recovery.



Keep skin moisturised

When you have eczema, your skin loses moisture easily. Dry skin can lead to a new flare, infection or make existing eczema harder to manage. Moisturising every day helps protect and heal the skin barrier.



Keep skin calm

Triggers are things that can make your skin dry, itchy, irritated and inflamed. Below is a list of common triggers and ways to avoid them.

Common eczema triggers

Try this



Soaps, bubble baths, shampoos, washing powders and fabric softeners

- Do not use products that contain soap, perfumes, food-based ingredients or methylchloroisothiazolinone and methylisothiazolinone

It is **uncommon** for the food you eat to be the cause of eczema.

Talk with your health professional **before** removing foods from diet or changing baby formula.



Getting too hot

- Dress in layers that can be easily removed
- Stay cool in hot weather (use a fan, sun shade, sun-protective clothing)



Prickly fabrics (wool) or synthetics (nylon)

- Choose natural fabrics that feel soft against the skin like cotton, bamboo or silk



Heavily chlorinated indoor pools and spas

- Rinse immediately after swimming and apply a thick layer of moisturiser



Sand, carpet or grass

- Reduce contact by wearing clothing that covers the skin, or use a towel or rug to sit on



Dribbling, teething (babies)

- Gently pat dry and apply a thick layer of moisturiser around mouth and chin



Scratching

- Keep fingernails clean and short
- Wear cotton gloves or mittens to bed

Other triggers I have noticed



Keep flares under control

- Flare control treatments help calm skin, reduce itch and speed up healing.
- These medicines usually include steroid creams, ointments or lotions, also known as topical corticosteroids.
- They may be recommended by your doctor, nurse or pharmacist.
- Keep doing your everyday skincare while using your flare control treatment.

Know what healthy skin looks and feels like for you. Talk to your health professional about what changes to look for, and when you might need extra medical care.



Keep track of how you are feeling

- Eczema care is not just about your skin.
- Let your health professionals know if your mental health is worse, you are having trouble sleeping or finding it difficult to concentrate at work or school.
- Connect with others through trusted organisations like Eczema Support Australia.

Quality Use of Medicines Alliance



Endorsed by:



Eczema Care Plan

Date _____

Review date _____

Record important information about your eczema care on this plan and share with all your health professionals.



Everyday skin care

- **WASH** in lukewarm water for up to 5 minutes using a non-soap product.
- **PAT** skin dry after washing and, using clean hands, apply a generous amount of moisturiser.
- **AVOID** moisturisers that contain food-related products (like nuts, coconut, milk), essential oils, aqueous cream or benzalkonium chloride.

How much moisturiser per week?



You may need to try a few different moisturisers to find the one that works best on your skin.

Moisturise EVERY DAY	NAME OF PRODUCT	HOW OFTEN
Face		
Body		



My flare control treatment

- Use immediately at first sign of flare.
- Apply a generous amount of flare control treatment to all affected areas, not just the worst parts. Do this **before** using your moisturiser, to get the best effect.
- Keep using every day, until eczema has gone and the skin feels smooth and itch free.

	NAME OF PRODUCT	HOW OFTEN
Face, armpits and groin (sensitive areas)		
Body and limbs		
Scalp		
Hands, fingers and feet (areas of thickened skin)		

Other treatments your health professional might recommend

- Wet wraps and cool compresses can help ease disrupted sleep caused by itchy skin.
- A dilute bleach bath can help treat infected eczema and also reduce risk of infection.
- Antibiotics may be prescribed for eczema that has become infected.
- Antihistamines are not helpful for eczema itch but may be useful if you have allergies.

You cannot catch a cold from wet dressings or cool compresses. Dilute bleach baths are very safe.

For severe eczema, your treatment may include tablets, injections or light therapy.

NAME OF PRODUCT	HOW OFTEN
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Contact your health professional

- If your eczema shows signs of infection
- If you are struggling or exhausted
- If your eczema is not responding to agreed treatment or is getting worse

For more information

A support network for all Australians living with, or affected by, eczema
eczemasupport.org.au



Use this QR code for how-to videos on moisturising, wet wraps, bleach baths and more, and information on food allergy and eczema.