

Name of Child: _____ Date: _____

Atopic Dermatitis or Eczema

What is it?

Eczema (also called atopic dermatitis) is a common skin problem. A person with eczema has dry, chapped, itchy skin. You cannot catch eczema. It is not contagious. We do not know what causes eczema. Some children get better over time. Other children will always have it.

What does eczema look like?

In children, you may see on the face, hands, arms, legs, or body:

- dry and flaky skin
- pink or red itchy skin
- thick hard skin
- bumps filled with pus
- yellow blisters
- wet skin where the blisters opened

These signs may come and go.

If the child scratches, the skin may bleed and get infected. It may also make the skin itch more.

What can make it worse?

Things that bother the skin can make eczema worse:

- Hot weather
- Some detergents or bleach
- Dry skin
- Sweat
- Feeling very upset
- Rubbing
- Allergies
- Contact

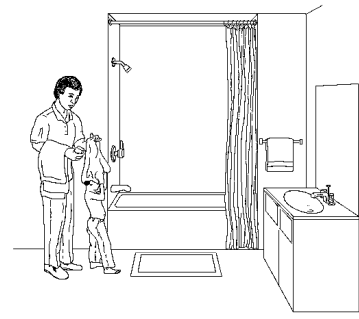
How to treat it

There is no cure for eczema. Treatment can help your child feel better.

- Wear loose clean cotton clothes. These will help keep your child cool.
- Keep your child's fingernails clean, short, and smooth.
- Keep the skin clean. Wash the child with water.

Use gentle soap with no smell (fragrance free) only where the child is dirty. Your child may take a shower or bath for 5 to 10 minutes every day.

- After washing, pat your child dry. If the doctor gave you medicine (a prescription) to put on your child's skin, put it on any skin that feels rough and dry, or itches your child. Use this medicine two times every day until there is no rash, the skin feels flat, and your child doesn't itch.
- If there is no rash, after washing put cream on all of your child's skin. This will help keep your child's skin from getting too dry (it lubricates). The cream should have no smell. The best cream to use is petrolatum jelly (Vaseline). Other creams you may use include Aquaphor, Cetaphil, Eucerin, or Nivea. If you used medicine, you may put this cream over the medicine. Use a cream, not a lotion.
- Put non-prescription cream on your child's skin twice a day, and whenever your child says the skin is dry or itchy. You do not have to wash your child before putting this extra cream on.
- 20 to 30 minutes before your child goes outside, put a sunscreen with an SPF of 30 or more on your child's skin.
- Your child may swim. After your child swims, have your child rinse with clean water. Then put medicine, cream, or both medicine and cream on your child's skin.



**Wash the child with water.
Use gentle soap with no smell
only where the child is dirty.**

Call the doctor if:

- If the medicine you put on your child's skin doesn't help, tell the doctor. Your child may need to take medicine by mouth to feel better.
- If your child's skin looks infected: more red than usual, pus, painful, swollen, or your child has a fever.

Now that you've read this:

- Tell your nurse or doctor what medicine and what cream you will use. (Check when done.)
- Tell your nurse or doctor how you will treat your child's eczema if there is a rash. (Check when done.)
- Tell your nurse or doctor how you will treat your child's eczema if there is no rash. (Check when done.)



If you have any questions or concerns,

- call 602-546-0895 or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, July 7, 2005 • DRAFT to family review
#785 • Written by Judy O'Haver, PNP, RN • Illustrated by Dennis Swain



The Emily Center

Atopic Dermatitis or Eczema

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 785
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!