

# ECZEMA Home Care & Prevention Adapted From The AAP



Does your child have dry, red, itchy skin? At least one in 10 children have eczema which is an ongoing skin problem. Luckily, there are strategies to help prevent flareups and home care treatments available.



## RECOMMENDED OVER THE COUNTER PRODUCTS FOR ECZEMA PREVENTION AND TREATMENT

### GOOD LOTION USE

Good lotion use is KEY to eczema control. We recommend use of an unscented lotion 3-5 times daily, especially before exposure to chlorine and other irritating activities. Unscented Aveeno, CeraVe, Cetaphil and Eucerin are all Dermatologist recommended brands. Other barrier products such as Aquaphor or Vaseline may also be helpful.

### FINDING THE CAUSE

Many times scented products can irritate the skin. Ensure use of all unscented products such as lotion, soap, sunscreen and laundry detergent. Applying lotion before sunscreen can help skin irritation. Unscented Dove bar soap is a great option as it also includes an extra moisturizer.

Uncontrolled food and environmental allergies or other triggers can also be common, keeping a detailed log may help find the triggers.

### STEROIDS

Over the counter 1% hydrocortisone cream applied 1-3 times per day for 3-5 days can be used to acute flare up spots only. The goal is for the skin to be steroid free for at least 2 weeks before another flareup. If this is not controlling the flareups or you feel it is being used too frequently please talk to us about possible prescription options.

## WHAT CAUSES ECZEMA?

Eczema has strong genetic and environmental influences. It is caused by a problem with the skin barrier. People with eczema typically have less of filaggrin, a protein found on the skin that protects it. With less of the protein, the skin has a hard time retaining water, causing dryer skin. Commonly eczema is found in the triad of patients with allergies and asthma.

## WHAT DOES ECZEMA LOOK LIKE?

**Babies:** rash usually starts on face and scalp, common to found red, dry patches on face including the cheeks, forehead and around the mouth

**Children:** red, dry patches typically in the flexural areas including the elbow creases, behind the knees, ankles and on the neck

## HOW DO I KNOW IF MY CHILD'S SKIN IS INFECTED?

Occasionally eczema patches can become infected especially if your child has been scratching the areas. Look out for areas of yellow or honey colored crusting, oozing skin, blisters or pus. Alert us if these symptoms occur or the eczema does not go away after the typical treatment.

(904) 260-2565  
(905) 246-8684  
beachespediatrics.com



If your child's symptoms are worsening, changing or continuing to persist we recommend an office visit for further evaluation