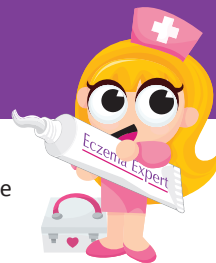
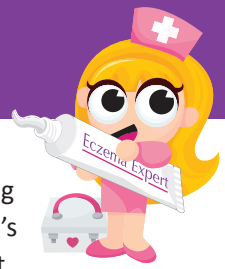


Emollient Top Tips



- Always use an emollient or emollient bath oil as soap substitute. Do not use any other wash product that lathers/makes bubbles, as this would take away all the benefit of the emollient.
- You may bath or shower your child daily during flares of eczema as this helps to remove dead skin cells and reduce bacteria on the skin.
- Apply lots of emollient in gentle downward strokes (in the direction of the hair growth) to avoid blocking the hair follicles. It is not necessary to rub until the cream disappears.
- Apply emollient to your child's whole body morning and night (as all their skin is prone to eczema) and to dry or red areas on 1-2 further occasions during the day or whenever your child is itching.
- If the skin remains dry increase the grease content of your child's emollient or apply their current emollient more regularly.
- If their emollient stings on application try a different one. **Very Greasy** ointments tend to not sting as they do not tend to have preservatives in them.
- If the skin becomes spotty, reduce the grease content of your child's emollient to a **Light** or **Creamy** emollient. If there are 'yellow heads' see your GP who may prescribe antibacterial therapy.
- During hot weather or when on holiday in hot climates use a **Light** or **Creamy** emollient in the morning. Leave at least half an hour and then apply your child's sunscreen. Reapply your child's sunscreen regularly throughout the day if out in the sun and use a **Greasy** or **Very Greasy** emollient at night if your child's skin is dry. However, beware that if the temperature remains hot at night, Very Greasy emollients can cause your child's skin to sweat and they may develop a pin prick rash.
- If your child has eczema on their face, a thin layer of a thick **Greasy** or **Very Greasy** emollient before they eat or go out into cold, windy weather may help as a barrier.
- When applying creams to the nappy area always ensure that they are rubbed in well (so that you can't see it) to stop the cream from covering the nappy and prevent it from absorbing urine.
- Give your child's regular carers their own pot of emollient (you may ask your GP, Health Visitor or School Nurse for this) and tell them how and when to apply this to your child.

Topical Steroid Top Tips



- Apply topical steroids after their emollient by accurately 'colouring in' any red, sore areas highlighted by the application of your child's emollient. You may apply it as soon as you can't see the emollient on your child's skin which can take a few minutes.
- Apply the correct strength topical steroid to the correct body area (see ladders). Never use potent steroids on the face, genitals, armpits and groins and use only mild steroids on the eyelids and under a nappy for a maximum of 5-7 days in these areas.
- Always use the mildest strength steroid that clears your child's eczema but ensure that you are getting regular 'steroid free days'. If not it may be better to increase the strength of steroid if the body area you are treating allows this. Speak to your GP for further advice.
- Apply the topical steroid every morning and night (except Elocon which is once daily) until the skin is completely clear and then immediately as soon as the eczema returns.
- If the eczema is not clearing after seven days of using your topical steroid, continue to use it but make an appointment to see your GP.
- If your child's skin becomes broken, develops blisters or yellow heads, weepy or suddenly worse all over (signs of infection) continue with your child's treatment and make an urgent appointment with your GP.
- If your child is given a topical steroid with an antibacterial in it, it is important that you use this for 7-14 days only in order to prevent antibiotic resistance.
- If the topical steroid stings on application or the eczema patches just aren't clearing ask GP about maybe changing it to an ointment as these don't tend to contain preservatives and are more hydrating than cream.