



MANAGING ECZEMA

Atopic dermatitis, or eczema, is a chronic skin condition that causes dry, itchy, scaly, red skin. Symptoms may improve over time with treatment and then worsen, or flare, periodically. This guide will help you learn about strategies and treatment options to improve symptoms and prevent flares in the future.

PRINCIPLES OF SKIN CARE

It is possible to control your symptoms with proper skin care and medications. Follow the three principles of skin care below to improve your skin's condition and prevent flares.

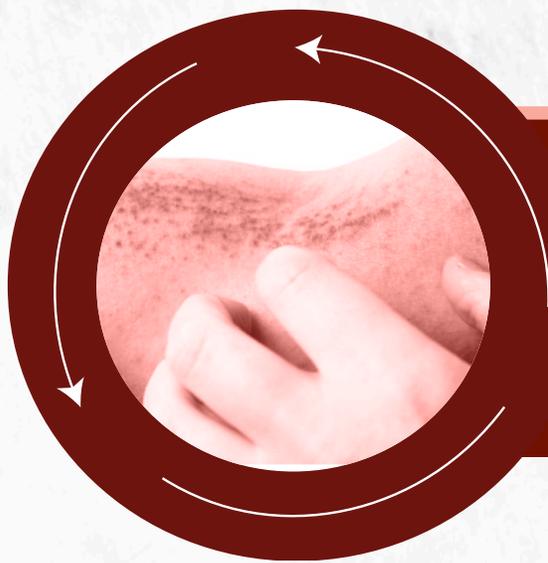
Bathe regularly. Daily bathing with warm or cool water hydrates the skin and removes irritants. Avoid hot water and harsh cleansers and soaps that can dry out the skin.

Moisturize often. Applying moisturizer at least twice a day helps maintain skin hydration and may decrease itch. After bathing, gently pat skin dry and apply moisturizer within 3 minutes. Ask your doctor about recommended brands that do not contain fragrances or chemicals that can irritate the skin.

Avoid triggers. Contact with irritants and allergens may lead to flares.

Possible Triggers of Eczema > cold or dry environments, sweating, detergents, fragrances, soaps, cigarette or wildfire smoke, wool or synthetic fibers, cosmetics





Itch-scratch Cycle

Scratching or rubbing the skin can make the itch and rash of eczema worse. Scratching causes further irritation, injures the skin, and increases inflammation. The itch and pain of eczema can lead to poor sleep, anxiety, and depression. Speak with your healthcare provider about treatment options to relieve the chronic itch of eczema.

TREATING ATOPIC DERMATITIS

While appropriate skin care can improve symptoms, some patients with atopic dermatitis may need medications to control itch and help repair the skin. Your doctor will create a personalized eczema action plan to help you maintain healthy skin and to prevent and manage flares.

Topical medications. These medications are applied directly to the skin to control symptoms.

- Corticosteroids are the most commonly prescribed medication for eczema. Steroids reduce inflammation and itching of the skin.
- Tacrolimus and pimecrolimus may be used on sensitive areas, including the face and groin.
- Crisaborole may be helpful in mild or moderate eczema when applied twice daily.

Dupilumab. Dupilumab is an injectable medication for patients 6 years and older with moderate-to-severe eczema who do not respond well to other treatment options. This medication targets key sources of inflammation in the skin.

Immunosuppressants. These therapies control inflammation in the skin by weakening the immune system. Options include cyclosporine, methotrexate, azathioprine, and mycophenolate mofetil. These medications are not approved by the FDA to specifically treat atopic dermatitis.

Wet wraps. Wrapping affected areas with wet bandages after applying medication may be effective for severe disease.

Phototherapy. Exposing the skin to light may improve severe disease.

REFERENCES:

1. Boguniewicz M, et al. *Ann Allergy Asthma Immunol.* 2018;120:10-22.e2.
2. Eichenfield LF, et al. *J Am Acad Dermatol.* 2014;71:116-132.
3. Simpson EL, et al. *J Am Acad Dermatol.* 2017;77:623-633.

TODAY'S DATE: _____

DAILY SKIN CARE PLAN

- Take a lukewarm bath with a mild non-soap cleanser.
Bathe daily every other day Other: _____
Recommended cleanser: _____
- Apply moisturizer at least twice a day and within 3 minutes of bathing.
Recommended moisturizer: _____
- Avoid triggers and irritants, including: _____
- Bleach baths _____ times per week.
Add _____ of unscented bleach to full tub of water half full bath
Additional instructions: _____
- Other instructions: _____

MAINTAIN AND PROTECT SKIN

Use this regimen to prevent disease flares

Continue daily skin care plan.

Face: Apply _____ to areas of previous or potential flares
_____ times per _____ (day/week)

Body: Apply _____ to areas of previous or potential flares
_____ times per _____ (day/week)

Scalp: Apply _____ to areas of previous or potential flares
_____ times per _____ (day/week)

Maintenance medication: _____

Other instructions: _____

MANAGE FLARES

Use this regimen during flares with mild-to-moderate redness and/or itching.

Continue with daily skin care plan. When applying moisturizer, skip over areas where you applied medication.

Face: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

Body: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

Scalp: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

Other medications: _____

Other instructions: _____

TREATING MODERATE OR SEVERE FLARES

Use this regimen if experiencing SEVERE redness, itching, or oozing

Continue with daily skin care plan. When applying moisturizer, skip over areas where you applied medication.

Face: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

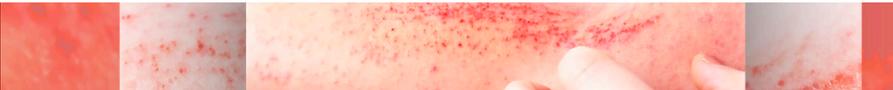
Body: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

Scalp: Apply _____ to red, itchy areas _____
times per day for a maximum of _____ days

Other medications: _____

Other instructions: _____

WHEN TO CALL YOUR DOCTOR



- Severe itch
- Flare not responding to medications
- Skin is weeping or oozing pus
- Skin is very painful

If you have a fever or your skin looks infected, call your doctor immediately. If you cannot reach your doctor, go to the nearest emergency room for care.