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Eczema Care Plan

Prevention:

- Moisturize twice daily.
- Use soap substitutes: not soap. CeraVe, Dove sensitive, Cetaphil.
- Wash clothes with mild, unscented detergent.
- Bathe every 1-3 days, Luke warm bath- no bubble baths
- Seal in moisture with a moisturizer following bath.
- Avoid scented products (perfumes+ cigarette smoke).
- Keep fingers nails cut + take Vitamin D daily.

If moderate:

- Use topical steroid _____ 1-2 x per week to prevent flare.

If severe:

- Use Elidel (face)/ Protopic (body) 1-2 x per week to prevent flare.

Flare:

- Continue with prevention recommendations.
- Increase moisturizing to 3-4 daily.
- Use topical steroid _____ on body twice daily up to 14 days.
- Use topical steroid _____ on face twice daily up to 14 days.

If moderate to severe:

- Use Protopic ointment on body twice daily up to 7 days.
- Use Elidel cream on face twice daily up to 7 days.
- Atarax (Hydroxyzine) or Benadryl at night to prevent itching.

Good Moisturizers

- ✓ **AQUAPHOR**
- ✓ **Glaxal Base**
- ✓ **George's Cream**
- ✓ **CeraVe Cream**
- ✓ **Vaseline**
- ✓ **Aveeno Eczema Care Cream**

Topical Calcineurin Inhibitors

| (non-steroid added medication) | | |
|--------------------------------|------------------|----------|
| Pimecrolimus (Elidel) | 1% | Cream |
| Tacrolimus (Protopic) | 0.03% (6mo-15yo) | Ointment |
| Crisaborole (Eucrisa) | 2% (>3mo) | Ointment |

Topical Corticosteroids

| | | | |
|----------------------------------|-----------|--|----------|
| <u>ULTRA-HIGH POTENCY</u> | Class I | ✓ Clobetasol propionate (Dermovate) | 0.05% |
| <u>HIGH POTENCY</u> | Class II | ✓ Fluocinonide (Lyderm) | 0.05% |
| <u>MODERATE POTENCY</u> | Class IV | ✓ Mometasone furoate (Elocom) | 0.1% |
| | | ✓ Triamcinolone acetonide (Aristocort) | 0.1% |
| | Class V | ✓ Hydrocortisone valerate (Hydroval) | 0.2% |
| | | ✓ Bethamethasone valerate (Betaderm) | 0.05% |
| <u>LOW POTENCY</u> | Class VI | ✓ Desonide (Desocort) | 0.05% |
| | | ✓ Fluocinolone acetonide (Derma-smoothe) | 0.01% |
| | Class VII | ✓ Hydrocortisone (Hyderm, Cortoderm) | 1.0-2.5% |

