

Case study

- 4 year old has dry lichenified skin on the backs of his knees and in elbow creases. Dx is atopic dermatitis

- Practical advice for parents

Practical advice

- Keep skin hydrated with regular use of moisturizers
 - Supply moisturisers to nursery/crèche – apply 2-4 times daily
- Avoid soaps/showergels/shampoos/bubble baths that can dry the skin
 - Shower gel: doublebase[®] emollient showergel, oilatum showergel
 - Bath oil: oilatum plus[®], emulsiderm liquid emulsion[®], aveeno bath[®], double base[®]
- Baths – alternating emollient and Milton baths with lukewarm water for 5-10 minutes, pat dry. Non slip mat to avoid falls
- Clip nails, cotton gloves

Practical advice

- Avoid wool/nylon – need >60% cotton
- Wait at least 1 hour before applying topical steroids after emollient
- Recognise a flare: increased dryness, itching, redness and swelling of skin
- Emollient covered with cling film over eczematous lesions at night
- Topical steroids
 - Once daily
 - One FTU will cover and treat an area of skin on your child equal to the size of your (the parents) hands

Websites

- www.dermnetnz.org
- www.eczema.org
- <http://www.nottinghameczema.org.uk>
- <http://www.dermnetnz.org/dermatitis/atopic.html>
- <http://jcn.co.uk/files/downloads/articles/04-2014-the-management-of-atopic-eczema.pdf>