

Please visit <https://bwc.nhs.uk/eczema-information-video>. Some topical steroids only need to be applied once daily therefore please refer to your plan below on the frequency of application.

## Personalised Skin Treatment Plan

Name.....Date.....

Emollient.....

*Apply generously all over and in a downwards motion in the direction of hair growth, as often as needed, but at least twice daily. 30 minutes should be left between applying an emollient and using a topical steroid, 2 hours if using Protopic (tacrolimus) ointment.*

Soap substitute:.....

*Apply directly onto damp skin whilst in the bath or shower then gently rinse off, be careful not to slip*

Shampoo: .....

Bath Additive: .....

*A daily bath or shower for 5-10 minute in lukewarm water is recommended. Avoid bubble bath.*

### Maintenance treatment

FACE .....Duration.....

BODY .....Duration.....

*Apply twice a week to eczema prone areas e.g Monday and Thursday to prevent flare ups. If skin flares up whilst on maintenance treatment then please refer to flare up sections below.*

### Mild/moderate flare up

FACE .....x day until the skin is flat and smooth or up to .....

BODY.....x day until the skin is flat and smooth or up to .....

Then reduce down to .....

### Severe flare up

FACE.....x day until the skin is flat and smooth or up to .....

BODY.....x day until the skin is flat and smooth or up to.....

Then reduce down to.....

SCALP.....daily until clear or up to .....

*Weeping, pustules or crusted areas are signs the skin could be infected. Please contact your GP as you may require antibiotics.*

### Antihistamine:

Daytime.....

Bedtime.....

An antihistamine can be used at night if itching is disturbing sleep.  
Stop once normal sleep has resumed.

### Other treatments: