



Patient Name: _____ Date of birth: _____

Prepared by Doctor or Nurse Practitioner: _____ Date: _____

1. MAINTAIN SKIN EVERY DAY regardless of whether eczema is present	2. TREAT ACTIVE ECZEMA (FLARE) and continue to maintain skin every day	3. TREAT SEVERE ECZEMA and continue to maintain skin every day
<ul style="list-style-type: none"> • A short bath or shower every day with a non-soap body wash or oil - lightly pat skin dry after with a towel • Moisturiser - apply twice each day to face and body straight after bath or shower - you can moisturise as many times as you need <p>Avoid moisturisers containing foods (such as nut oils or goat milk)</p> <ul style="list-style-type: none"> • Names of moisturiser/s for the face: _____ • Names of moisturiser/s for the body: _____ • Bleach baths _____ times per week - use as directed to reduce the risk of infected eczema 	<ul style="list-style-type: none"> • Cortisone and non-steroid creams or ointments - apply as soon as there is an eczema flare (redness, increased itch, dry rough areas) • Use _____ times each day • Names of cream or ointment for the face: _____ • Names of cream or ointment for the body: _____ • Other treatments: _____ • Continue to apply cream or ointment until skin feels smooth and the eczema has completely gone • Wet dressings - use as directed, on arms, legs, feet, chest, back, neck or scalp • A cool compress can be used on the face <p>See your doctor or nurse practitioner if the eczema does not improve within a week</p>	<ul style="list-style-type: none"> • Cortisone and non-steroid creams or ointments - apply as soon as there is an eczema flare (redness, increased itch, dry rough areas) • Use _____ times each day • Names of cream or ointment for the face: _____ • Names of cream or ointment for the body: _____ • Other treatments: _____ • Continue to apply cream or ointment until skin feels smooth and the eczema has completely gone • Wet dressings - use as directed, on arms, legs, feet, chest, back, neck or scalp • A cool compress can be used on the face <p>See your doctor or nurse practitioner if the eczema does not improve within a week</p>

INFECTIONS: Use _____ times each day – dose _____ for _____ days
 See your doctor or nurse practitioner if eczema does not improve or if unwell with a fever

TRIGGERS: Avoid or minimise exposure to triggers and irritants where possible, such as soap or perfumed products, overheating/over dressing or exposure to prickly fabrics