



### **ECZEMA REGIMEN**

Please follow the regimen daily as directed below. All medications should be applied in the order they are written. Please read all directions carefully before you begin treatment.

- Cleanse skin with one of the following recommended cleansers. These can be found at your local drugstore:
  - Vanicream cleansing bar, Vanicream facial cleanser, Cetaphil Restoraderm body wash, Cetaphil cleanser, Dove unscented white bar soap.
  - If you have eczema on the hands, avoid hand sanitizers and harsh hand soaps.
- Apply the topical medication \_\_\_\_\_ to all affected areas once/twice daily UNDER recommended moisturizer. The following recommended moisturizers can be found at your local drugstore:
  - Vanicream cream/lite lotion, Cerave cream/lotion, Cerave Anti-itch cream/lotion, Cetaphil Restoraderm Moisturizer, Cerave Therapeutic Hand Cream, Neutrogena Norwegian hand cream.
  - For additional moisturization, Robathol can be added to lukewarm bath, or applied to the skin while skin is damp after shower.
  - For hands, moisturize with recommended hand cream after ALL handwashing and anytime hands feel dry throughout the day. May also add a layer of Vaseline on top at night and wear cotton gloves.

### **ADDITIONAL TREATMENT**

- For itching, the following has been prescribed for the patient to take at bedtime.  
\_\_\_\_\_ Take 1-2 hours before bedtime. Medication MAY cause drowsiness.
  - Bleach Bath Therapy (see handout)
  - Wet Wraps (see handout)

### **THINGS TO AVOID:**

- Long, hot showers/baths.
- Scented detergents (Wash clothes with a detergent that is Free & Clear).
- Scented body lotions, perfumes, and oils.
- Scratching the affected area. This can cause infection. We know it's hard, but please try to refrain and continue your treatment regimen.

**Please contact the office if you experience any of the following:  
Fever, Chills, Swelling, or Yellow Crusting of an open wound.**

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