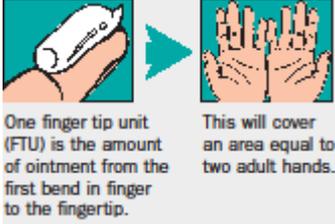


This plan was agreed between Dr David Cremonesini and family			
Patient:	AND	Health Professional:	David Cremonesini
I learnt how to use the eczema creams on / /			

STEP 1 – MAINTAIN: everyday care – even when eczema is clear

<p>If your skin is itchy, red, inflamed or flared</p> <p>Go to Step 2</p> 	EMOLLIENT (Moisturiser):		
	SOAP SUBSTITUTE:		
	BATH EMOLLIENT:		
		FIRE RISK: Some ointments and skin care products are dangerous when near a naked flame or cigarette	

STEP 2 – PROTECT & REPAIR: use only on active, itchy, red, inflamed eczema

<p>Applying medicated creams and ointments</p>  <p>One finger tip unit (FTU) is the amount of ointment from the first bend in finger to the fingertip. This will cover an area equal to two adult hands.</p>	MEDICATED CREAMS/OINTMENTS (e.g. steroids or other)		A.M.	P.M.
	Face:			
	Scalp:			
	Body:			
<p>If this treatment is not working, see your doctor or nurse for help</p> <p>Go to Step 3</p> 	Medications (tablets, syrups or other)		How often:	
	<ol style="list-style-type: none"> 1. 2. 3. <p>Other information</p>			

STEP 3 – SEEK MEDICAL HELP

<ul style="list-style-type: none"> ▪ If your eczema is not responding or is getting worse ▪ If you have a cold sore, contact your GP <ul style="list-style-type: none"> - Cold sores can cause eczema herpeticum (sudden flare, deterioration of eczema with clusters of tiny fluid filled blisters or punched out appearance to lesions. Child may be unwell)
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If you require further information please contact:	
DAVID CREMONESINI	
Phone 01908 306786	Email kidsallergy@gmail.com

MOISTURISERS/EMOLLIENTS

Moisturisers should be non-perfumed and used frequently. It is safe to apply to all areas of skin on the body and face every few hours if possible. Use plenty—dry skin will soak it up. An ideal time to apply moisturisers is a few minutes after a warm bath or shower while skin is slightly damp. Greasier preparations such as ointments are ideal for very dry skin, although some people prefer the feel of lighter creams. Use a spoon or spatula to take moisturiser from a tub to avoid bacterial contamination from hands. Some ointments and skin care products are dangerous when near a naked flame or cigarette.

SOAP SUBSTITUTES

All soaps dry the skin, leaving it feeling tight and itchy. This can make eczema worse. A soap substitute is a moisturising cream which is used instead of soap for washing and cleaning the skin. Apply generously to the whole body before getting into the bath, then use your hands to rinse off with warm water. Gently pat the skin dry with a clean towel afterwards.

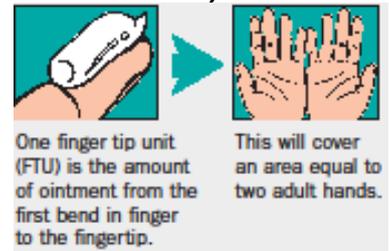
BATH OILS/EMOLLIENTS

Normal bubble baths dry out your skin. Bath oils help to hydrate the skin. Be aware that these bath oils can make the bath slippery and wet. We advise caution and the use of a bath mat.

MEDICATED CREAMS/OINTMENTS (STEROID/NON-STEROID ANTI-INFLAMMATORY)

You may have different strengths of medicated creams for different areas on the body. Your personal management plan should tell you what goes where and how much to use. If you do not have a personal up-to-date treatment plan, then ask your doctor or nurse to prepare one with you.

Apply these medicated creams/ointments as a thin layer on the affected areas and smooth them in, gently stroking in the direction of hair growth. Leave a short while (approx. 15 min) between moisturiser and medicated cream to allow the first one to soak into the skin before putting on the next one. It does not matter which one you use first.



FINGERTIP UNIT
AMOUNT TO USE

STRENGTHS OF MEDICATED CREAMS VARY, HERE ARE A FEW EXAMPLES:

MILD	MODERATE	STRONG
1% Hydrocortisone Cream/O. Daktacort Cream/Ointment	Eumovate Cream/Ointment Synalar 1:4 Cream/Ointment Betnovate RD Cream/Ointment	Elocon Cream/Ointment Cutivate Cream/Ointment Betnovate Cream/Ointment

Mild medicated creams/ointments are fine to use on the face under the guidance of your doctor or nurse. Moderate or strong creams/ointments should not be used on the face unless you see a skin/eczema specialist, who recommends this for a short time.

SUN PROTECTION

Sun protection is important for all children and especially if you use the medicated creams Protopic® or Elidel®. In that case, use sun block (factor 30) and cover up if possible. Chose a sun block for sensitive skin (e.g. Sun E45 or ROC) and please try this out on a test patch of skin before using it all over.

INFECTION

Skin with eczema gets infected more easily than normal skin. Signs of bacterial infection may include pustules or crusting or a sudden severe flare of eczema not responding to usual treatments. Please see your doctor as antibiotics may be needed. Topical steroids can continue to be applied to infected skin but wet wraps or dressings need to be stopped. Protopic® or Elidel®, should not be applied to infected skin.. Should you see blisters (with fluid in) or cold sores please see a doctor urgently(the same day).

WHERE TO GET MORE INFORMATION

You are not alone with eczema. Your doctor and nurse can help you and more information is available:

- National eczema society: www.eczema.org
- Understanding the NICE guideline for eczema in children: www.nice.org.uk/CG057

To watch videos on how to apply your creams go to: www.itchysneezywheezy.co.uk/EczemaVideos.html