

Southside Dermatology

Eczema Treatment Plan

For acute flare of eczema:

- Bleach baths: $\frac{1}{4}$ cup of regular household bleach in full bathtub of luke-warm water for no longer than 10 minutes. Please perform bleach baths for ___ consecutive days during acute flare, followed by twice a week thereafter.
- Wet wraps: After nightly bath apply _____ to entire body, followed by layer of Aquaphor/Vaseline. Dampen some pajamas (onesies are great for babies and toddlers, otherwise, use a long sleeve shirt and long pants) and have your child wear the damp pajamas to bed. Your child should sleep in a warm room with humidified air. Please perform wet wraps for ___ consecutive days. (Optional: another dry layer of pajamas may be used on top of damp pajamas if this is more comfortable for your child).
- For itch: Hydroxyzine _____ at night and _____ every 6 hours as needed during the day time.
- Apply _____ to entire body twice a day.
- Apply Aquaphor/ Vaseline to entire body every time you change a diaper.
- Apply Elidel/ Protopic/ Hydrocortisone 2.5% ointment to face twice a day.
- For your infection, please take BActrim/ Keflex _____ times a day for _____ days.

For Maintenance treatment of eczema:

- Perform bleach baths twice a weeks
- Apply _____ to entire body twice a day for 2 days per week.
- Apply Elidel/ Protopic/ hydrocortisone 2.5% ointment to face twice a day for 2 days per week.
- Apply Aquaphor/ Vaseline to entire body every time you change a diaper, or at twice a day.