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Eczema/Gentle Skin Care

Eczema is a common, chronic disease which is most likely genetically pre-determined. This skin condition, also called atopic dermatitis, affects children, teens, and adults throughout their lifetime. Eczema is dry, scaly, and itchy patches of skin which can occur anywhere, face, groin, hands, feet, and most commonly, arms, legs, and back. Eczema skin tends to be very sensitive to irritants such as exposure to water (frequent hand-washing or showers), harsh soaps, extreme temperatures, nickel in jewelry, and workplace irritants. The tendency to have dry, sensitive skin is always there, even when your skin looks “clear”, so daily lubrication and protection are key to preventing a new flare-up.

Your daily routine of regular skin care should be as follows:

- Soap/Cleansers: Dove Sensitive Skin, Cetaphil, Oil of Olay, Basis, Aveeno, or CeraVe
- Avoid harsh soaps such as Irish Springs, Coast, etc
- Avoid long, hot showers, lukewarm is best
- After your bath or shower pat your skin dry, and then immediately, apply a thick, moisturizing cream such as: Cetaphil, CeraVe, Eucerin, Aveeno, Vaseline, or Aquaphor at least twice daily.

If your eczema is flaring, apply prescription medication(s) over the moisturized skin, as directed, twice daily.

- Even if your skin is clear, moisturize with a cream once or twice a day.

An important component of eczema treatment is the prevention of scratching. Prescription ointments and creams should be restarted if eczema prone areas begin to itch. Avoid scratching, especially at night, by using the over-the-counter antihistamines or prescription antihistamines you have been prescribed whenever the itch/scratch cycle occurs.

The following instructions should be followed to manage and prevent a flare of your eczema.

For more info visit: <https://www.nlm.nih.gov/medlineplus/eczema.html>