

## Atopic Dermatitis (Eczema) Treatments

Atopic dermatitis can NOT be cured; it can only be treated and/or outgrown (70% chance by adolescence).

Use moisturizers every day if not too severe or "soak and seal" if more severe. Some useful products include Aveeno Baby Eczema Therapy, Rash and Itch Relief Cream from SKIN All Natural, the Mustela line of products, CeraVe SA for very dry skin. The Kirk's Castile line of skin care soaps and moisturizers are excellent.

Avoid fragrances and colorings in ANY skin care product and avoid cocamidopropyl betaine in shampoos. California Baby and Waleeda are very good shampoos.

Use dilute bleach baths to control low-grade infection 3-7 times per week. Put one quarter cup of bleach in a half tub of water, or 2 teaspoons of bleach in a gallon of water. And don't worry; this makes a solution roughly equivalent to pool water!

Mild steroids and/or Elidel or Protopic will be necessary on occasion. Typically, for kids over two, we will use Elidel or Protopic as maintenance therapy and reserve steroids for flare-ups.

Atopic dermatitis is often made worse by infections, especially staph. If bleach baths aren't enough, we may use topical or oral antibiotics. Less commonly, AD is infected with a herpes-type virus, a pox virus (molluscum) or a fungus (malassezia, or pityrosporum). These can be treated with acyclovir, 20 mg per kilo of body weight per day three times a day for a week, or Tagamet, 20 per kilo twice a day for 3 months, or Sporanox 5 per kilo once daily for 8 weeks, respectively. If we use Sporanox it is necessary to do blood tests to monitor liver functions.

Natural products that we can use include colloidal oatmeal ( NOT in infants, though), aloe vera gel, topical 2% sunflower oil distillate twice a day, or an equal-parts mixture of honey, beeswax and olive oil applied daily. There is always some risk of hypersensitivity reactions to applications that are put on the skin every day, and EVEN from these natural products!

Finally, there is some recent evidence that omega-3 acids taken during pregnancy MIGHT decrease future egg sensitivity or atopic dermatitis in the unborn baby though other allergies were not affected. ASK YOUR OB FIRST!

# Daily Skin Care Routine

Bath 10-20 minutes daily

- Cleanser:  Dove  Cetaphil  Other \_\_\_\_\_

Moisturizer (hydrolatum least \$, cetaphil cream, aquaphor, vanicream or other non-fragranted product) twice daily and more often as needed (immediately after bath, on top of medicated cream) *Face*

Antihistamine: \_\_\_\_\_

Nasal bactroban (mupirocin) twice daily for the first 7 days of each month

For facial eczema you can only apply low potency medication:

hydrocortisone 1% / 2.5% → twice daily to FACE for maximum of 10 consecutive days

Elidel / Protopic → twice daily to FACE lesions

**Green Zone:** Skin with very mild redness/irritation

- Continue daily skin care routine
- Apply  hydrocortisone 1%  triamcinolone cream 1%  Other \_\_\_\_\_ → twice daily to affected areas as needed, maximum of 14 consecutive days to any one area
- Apply  Protopic  Elidel → twice daily until skin is clear

**Yellow Zone:** Skin starting to FLARE with mild to moderate redness/itching

- Continue daily skin care routine, with these changes
  - Baths twice per day, add ¼ cup bleach to bath water 2-3 times a week
  - Zinc oxide dressing at bedtime
  - Barrier cream (CeraVe cream, TriCeram, Mimyx - \$ prescription) twice a day
- Apply topical steroid -  triamcinolone ointment 1%  mometasone 0.1% → twice daily to BODY for maximum of 14 consecutive days to any one area
- Apply Bactroban (mupirocin) ointment to open, oozy areas 3 times a day until clear

**Red Zone:** Skin with severe flare, multiple areas involved

- Continue daily skin care routine with changes made in yellow zone
- Apply topical steroid -  clobetasol ointment 0.05%  Other \_\_\_\_\_ → twice daily to BODY for maximum of 14 consecutive days to any one area
- Apply Bactroban (mupirocin) ointment to open, oozy areas 3 times a day until clear
- Call our office to see Dr. Windom, 927-4888, if there is no improvement in 3-5 days