

# ECZEMA FLARE: CARE PLAN

1 - 4 years of age

The NZ Child and Youth Eczema Clinical Network | Te Rōpū Kiripai Hapori



Place patient sticker here

FOR MORE INFO:



Date: \_\_\_\_\_

Visit [kidshealth.org.nz](https://kidshealth.org.nz) for eczema videos

## BATH:

- Once a day. No soap or bubble bath.
- Use soap-free wash or moisturiser as a soap substitute.
- Dilute bleach bathing, if prescribed:

## MOISTURISER:

- Use every day, all over.
- Apply morning and night and at other times as often as you like.
- Apply when needed to soothe itch.
- Can be used instead of soap.

**YOUR MOISTURISER IS:**  
Prescriber to tick

Cetomacrogol & Glycerol (Sorbolene)     Fatty cream

Paraffin 50:50     Cetomacrogol

Other: \_\_\_\_\_

## TOPICAL STEROID: FACE

- Once a day to eczema that is red/darker and itchy.
- Do not use Aristocort on eyelids.
- Use plain Vaseline for irritation around the mouth.

**YOUR FACE STEROID IS:**  
Prescriber to tick

1% hydrocortisone     Aristocort

Other: \_\_\_\_\_

## TOPICAL STEROID: BODY, ARMS & LEGS

- Once a day to ALL eczema that is rough, red/darker and itchy.
- You can mix half and half with moisturiser to help it spread over large areas.

**YOUR BODY STEROID IS:**  
Prescriber to tick

Aristocort     Advantan

Locoid

Other: \_\_\_\_\_

## TREATMENT PLAN:

- Apply steroids on days with
- Prescriber to circle start day.
- See your prescriber for review in 3 - 4 weeks to make a long term management plan.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	<input checked="" type="checkbox"/>						
WEEK 2	<input checked="" type="checkbox"/>						
WEEK 3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
WEEKS 5+	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				

From week 5 onwards: EITHER use steroid to eczema as needed at the first sign of a flare OR if eczema patches flare often, use steroid as a preventer 2 days per week (Sat and Sun)

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New Zealand Child & Youth  
Clinical Network

## MOISTURISER

**Cetomacrogol & Glycerol (Sorbolene)**



**Fatty Cream**



**Parrafin 50:50**



**Cetomacrogol**



## STEROIDS

**1% Hydrocortisone**



MILD

**Aristocort**

(triamcinolone acetonide 0.02%)



MEDIUM

**Advantan**

(methylprednisolone aceponate 0.1%)



POTENT

**Locoid**

(hydrocortisone butyrate 0.1%)



POTENT

**Beta**

(betamethasone valerate 0.1%)



POTENT

**Elocon**

(mometasone furoate 0.1%)



POTENT

