

ECZEMA FLARE: CARE PLAN

5 years of age & over

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



Place patient sticker here

FOR MORE INFO:



Date: _____

Visit 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.
- If there is no eczema, just moisturise.

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

- Locoid
- Elocon
- 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

FACE OR BODY

1% Hydrocortisone



MILD

Aristocort

(triamcinolone acetonide 0.02%)



MEDIUM

BODY

Locoid

(hydrocortisone butyrate 0.1%)



MEDIUM

Advantan

(methylprednisolone aceponate 0.1%)



POTENT

Beta

(betamethasone valerate 0.1%)



POTENT

Elocon

(mometasone furoate 0.1%)



POTENT

