

Eczema

Patient Resource Sheet



What is it?

Eczema is a condition where patches of skin become itchy and red. The skin can peel easily and may be rough. Sometimes, there are blisters too. Eczema happens when the person is very sensitive to things such as dust, mold or even some types food (e.g. seafood, dairy, etc.).



What can the doctor do to help me?

The doctor can prescribe you with a moisturizer and/or steroid cream to reduce the itch and redness. These creams can also help to repair the skin. Wet wraps are also used to calm the skin down by soaking some cloth wraps in water and then wrapping them around the itchy areas.



What should I do to get better?

1. **Try not to scratch:** The wounds may get worse. Try tapping the itchy area!
2. **Keep your skin moist:** Use lotions, creams and ointments, as advised by the doctor.
3. **Shower for no longer than 10 min:** Long showers can dry out your skin and this can cause more itch.
4. **Choose cotton clothes:** Loose cotton clothes will make you more comfortable.
5. **Use mild soap and shampoo:** Do not use products that contain perfumes or colouring as it will irritate the skin.



If you
want to learn more,
ask your doctor/nurse to
give the Child Life Therapist
a call when you are staying
in the hospital!

References:

<http://www.drugs.com/cg/eczema-in-children.html>

http://kidshealth.org/parent/infections/skin/eczema_atopic_dermatitis.html