

# Eczema

### **Patient Resource Sheet**

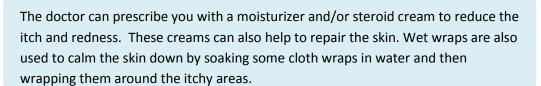


#### What is it?

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?



## What should I do to get better?

- 1. <u>Try not to scratch:</u> The wounds may get worse. Try tapping the itchy area!
- 2. <u>Keep your skin moist</u>: 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. <u>Choose cotton clothes</u>: Loose cotton clothes will make you more comfortable.
- 5. <u>Use mild soap and shampoo</u>: Do not use products that contain perfumes or colouring as it will irritate the skin.



#### References:

http://www.drugs.com/cg/eczema-in-children.html http://kidshealth.org/parent/infections/skin/eczema\_atopic\_dermatitis.html 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!