

# Eczema Plan of Care

## DOCTOR'S INSTRUCTIONS

### THIS PLAN IS FOR:

Your doctor has made a plan to treat your eczema. You can help reduce itching and keep skin healthy by following these instructions. If you have questions or your skin becomes worse, call your doctor for help.

Instructions show which medicines to use on different body parts and how often to use them.

#### SCALP - EVERYDAY

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### SCALP - FLARE-UP

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### FACE - EVERYDAY

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### FACE - FLARE-UP

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### BODY - EVERYDAY

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### BODY - FLARE-UP

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### ARMS/LEGS - EVERYDAY

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### ARMS/LEGS - FLARE-UP

Medication: \_\_\_\_\_

Apply twice a day or as needed

#### HANDS/FEET - EVERYDAY

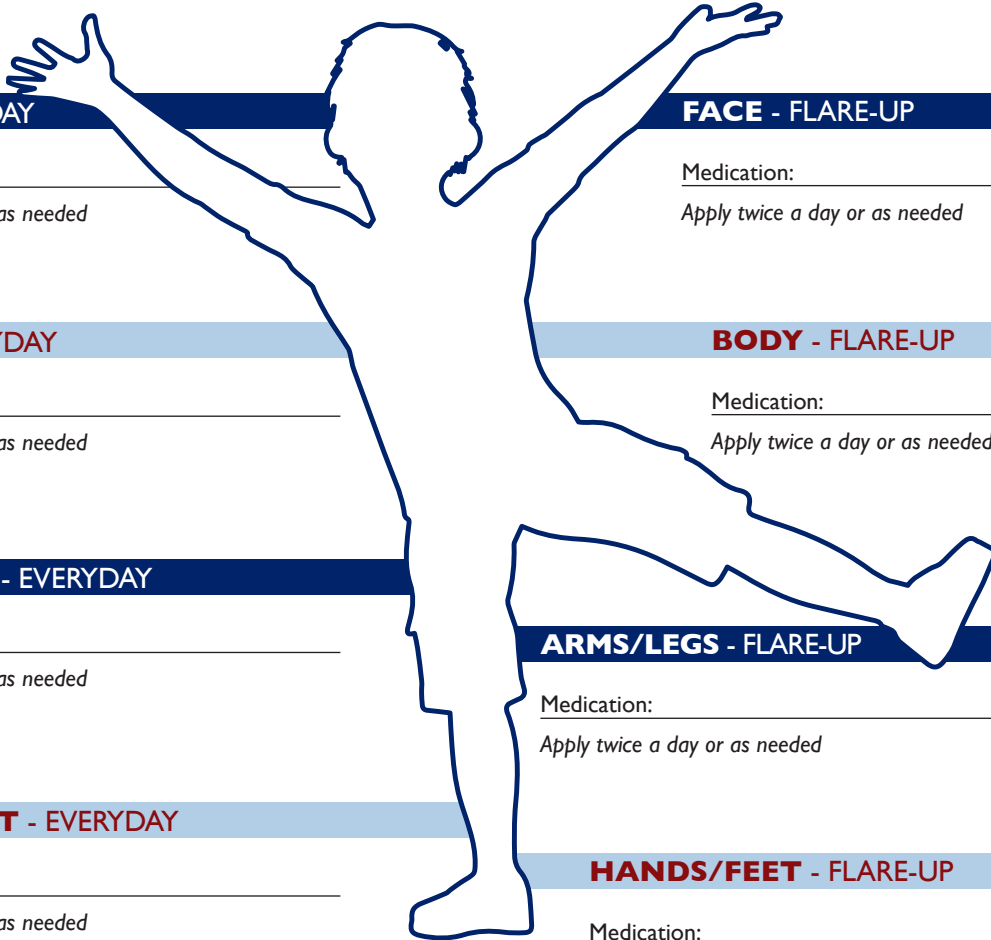
Medication: \_\_\_\_\_

Apply twice a day or as needed

#### HANDS/FEET - FLARE-UP

Medication: \_\_\_\_\_

Apply twice a day or as needed



### CLEANSERS & MOISTURIZERS

Use a **gentle skin cleanser** made for sensitive skin such as:

- Vanicream Gentle Body Wash
- Vanicream Cleansing Bar
- CeraVe Hydrating Body Wash
- CeraVe Cleanser Bar
- Eucerin Advanced Cleansing Body and Face Cleanser

Apply a **moisturizing cream** (not lotion) at least twice daily:

- Vanicream
- CeraVe
- Eucerin Original Healing Cream

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## PATIENT AND FAMILY NOTES

### THESE ARE MY PLANS TO HELP KEEP MY SKIN, BODY, AND MIND HEALTHY!

I will try this plan for:  1 week  3 weeks  2 months

When I am itchy, I will try to:  Avoid triggers  Use treatment  Manage stress

I will apply my medication by:  Rubbing  Dabbing

I will also use:  Moisturizers  Sensitive skin cleanser  Other:

### TO HELP ME REMEMBER TO DO THIS EVERY DAY:

I will remember my treatment plan by:  Scheduling phone alerts  Keeping a written calendar  Other:

I will put my moisturizers and medications:  By my bed  On bathroom counter  In my bag

Some ways I can help make using the right medication easier are:  Use color coding  Store in consistent spots  Ask for help

My usual triggers for eczema are:  Sun exposure  Stress  Heat/sweating  Cool, dry weather  Illness

**IF SYMPTOMS DO NOT DECREASE IN TWO WEEKS OR OOZING, PAIN, OR SIGNIFICANT CRUSTING OCCURS, I WILL CONTACT MY PRIMARY CARE PROVIDER:**

*(Doctor's name and number)*

**MY NEXT APPOINTMENT WITH MY DOCTOR IS:**

*(Date of next scheduled appointment)*

### AFTER 2 WEEKS OF FOLLOWING THIS PLAN:

Did these steps help?  Yes  No      How much did they help?  Not Much  Some  A Lot

Which steps were most helpful and will I keep doing? *(Circle or highlight them where listed above)*

What new ideas should I try to help in the future?