

First Visit for Eczema? ____Yes ____ No

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

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For follow up visit, have symptoms improved? __Y __N
Symptoms ____Mild ____Moderate ____Severe

Eczema Action Plan

Patient Name: _____ DOB: _____ Appt. Date: _____ Provider: _____

What's Going On?

Green Zone-Maintain

Goal=Comfortable

- Itching is well controlled
- Minimal redness, roughness, or dryness
- No trouble sleeping

Treatment

Gentle Skin Cleanser

- Fragrance-Free, "Sensitive Skin" cleanser or hydrating body wash (avoid Ivory, Axe, Johnson and Johnson baby wash)
- Other: _____

Moisturizer

- Apply a moisturizing cream (not a lotion)____ times a day
- Your child may prefer an ointment (Petrolatum, Dermaphor, Vaseline, Aquaphor)
- Other: _____

Management

- Short 10 minute baths with warm water (pat dry, don't rub)
- Moisturize every day and right after baths (at least twice a day)
- Use cotton clothing
- Be mindful of detergents (dye free and fragrance free)
- Remember to drink plenty of water!
- Focus on getting enough sleep (Bedtime routine)
- Other:

Yellow Zone-Rescue

- Itching or uncomfortable skin
- Red, rough, or dry/chapped skin
- Not sleeping well
- Irritability/fussiness

Topical Steroid

Face

- 1% hydrocortisone ointment 2 times a day
- Other: _____

Body

- Hydrocortisone 2.5% ointment 2 times a day
- Desonide .05% ointment 2 times a day
- Other: _____

Oral Antihistamine

- Diphenhydramine _____mg- every ___ hours as needed
- Hydroxyzine _____ mg – every ___ hours as needed

- Continue green zone treatment/management
- As eczema improves and skin is less red and itchy use topical steroids less often
- Always apply steroid first before moisturizer
- If eczema does not improve in 2 weeks, call your primary care provider**

Red Zone- Manage

- In the yellow zone for 1-2 weeks
- Worsening redness, roughness, dryness of skin
- Rash is painful
- Skin is crusted or raw

Topical steroid

Face

- Hydrocortisone 2.5% ointment 2 times a day
- Other: _____

Body

- Fluocinolone 0.025% ointment 2 times a day
- Triamcinolone 0.025% ointment 2 times a day
- Triamcinolone 0.1% ointment 2 times a day
- Other: _____

Anti-bacterial

- Mupirocin 2 times a day
- Continue oral antihistamine

- Contact primary care provider**
- Use topical steroid 2 times a day
- Take oral antihistamine every 6 hours as needed
- Wet wrap once a day as needed
- Bleach bath 2-3 times a week