



Atopic Dermatitis (Eczema) Suggestions

Bathing and Moisturizers

- Limit baths to 10 minutes.
- Moisturize within a few minutes of bathing with a heavy (greasy) emollient, such as Aquaphor.
- Avoid excessively warm/hot baths or showers.
- Use only mild soaps, such as Dove or Basis, or soapless cleansers such as Cetaphil or Aquanil.
- Do not use bubble baths.
- Wet wraps (tap water soaked gauze) may be applied over emollient to decrease itching.
- Moist pajamas or socks with a dry layer over it may be used at night to promote comfort and decrease itching.
- Oozing areas can be treated with a Burrow's solution (Domeboro) 1:20 or 1:40 concentration. Compresses can be applied 2-3 times daily for 10-15 minutes at a time with a soft cloth soaked in solution. Compresses should be lukewarm and damp (not dripping).

Avoid Irritation

- Avoid excess sweating and overheating (such as from overdressing in winter).
- Air conditioning during hot weather.
- Consider humidifiers during winter, but be sure to clean regularly and replace filters.
- Protect face of infants from saliva by applying thick layer of barrier cream before eating and napping.
- Avoid wool clothing. Use soft cotton when possible.
- Avoid harsh soaps, detergents, fabric softeners, fragrance, and bubble baths.
- Do not smoke around children, especially those with atopic dermatitis and/or asthma.
- Avoid irritant foods, such as citrus, which can irritate the area around the mouth and face.

Avoid Triggering Allergens

- If conventional treatments are not effective, consider a trial of switching infants to a hypoallergenic formula, and eliminating eggs, milk and peanut from the diet.
- Decrease exposure to mites, grass pollens, animal dander, and molds.
- Specific measures may include encasing mattresses and pillows, washing bedding in hot water at least weekly, frequent vacuuming of living areas, discarding furry toys, clean carpets regularly or remove them completely, and eliminate exposure to pets.

Treat Infections/Bacterial Colonization

- Add 1/4 to 1/8 cup of bleach to a full tub of water and bathe several times each week. Rinse afterward and apply moisturizer.
- Consider application of Mupirocin to nares and hands of patients and caregivers twice daily for three weeks.
- Use gentle antibacterial soaps, such as Hibiclens.