



Eczema Treatment

1. Bathe every day - use either olive oil, vitamin E oil, or Cetaphil (Non-soap cleansing lotion) on a rag instead of soap
2. Gently towel dry and immediately apply Eucerin/Aquaphor, St. Ives Lotion, or 1% Hydrocortisone creme to all dry areas.
3. Wash clothes in a free and clear detergent such as Tide Free; do not use fabric softener and wash all new clothes before wearing. Only 100% Cotton fabric should be next to your child's skin.
4. Try and keep your child cool and dry so that s/he does not itch.
5. Use atarax (up to 4 times daily) or zyrtec (up to twice daily) for severe itching.
6. If the above measures don't resolve your child's eczema/dry skin, you may use a stronger steroid creme 3 or 4 times daily in addition to the above until the skin is healed and not itchy. Then return to the above regimen.