

SOUTHDALE PEDIATRIC ASSOCIATES, LTD.

3955 Parklawn Ave. * Suite 120 * Edina, Minnesota 55435 * 952-831-4454
501 E. Nicollet * Suite 200 * Burnsville, Minnesota 55337 * 952-898-5900
18315 Cascade Dr. * Suite 170 * Eden Prairie, Minnesota 55347 * 952-949-0399
AFTER HOURS-EMERGENCIES 952-653-0261

Eczema (Atopic Dermatitis) **Parent Information**

DEFINITION: Eczema is an inherited type of sensitive, dry skin. A family history of asthma, seasonal allergies or eczema makes it more likely that the child has eczema. Eczema is a chronic disease that has flare-ups. There is no cure for eczema but many children outgrow it with age. Good daily skin care is essential to control this disease.

SYMPTOMS include:

- Red, extremely itchy rash.
- Often starts on the face (cheeks) at 2 to 6 months of age.
- Most common on flexor surfaces (creases) of elbows, wrists, and knees.
- If scratched, rash becomes raw and weepy.
- Child's skin is always dry.

TREATMENT/MANAGEMENT:

Basics:

1. Take a warm (not hot) bath or shower daily for at 10-15 minutes.
2. Use lubricating cream or ointment – It is important to trap the moisture in the skin by applying an outer layer of ointment, such as Aquaphor, Eucerin, or Vanicream to the entire skin surface while it is damp.
3. Steroid creams are often helpful to reduce itching and inflammation. Common over-the-counter hydrocortisone creams are 0.5% and 1% and will be recommended by your pediatrician if needed for mild eczema. Prescription steroids are occasionally necessary for moderate or severe cases.
4. Antihistamines can be helpful, especially at night to relieve the itching.

CALL YOUR CHILD'S PHYSICIAN if:

- ✓ The rash becomes raw and bleeding in spite of current treatment
- ✓ The rash hasn't greatly improved in 7 days on this treatment.
- ✓ The itching interferes with sleep.
- ✓ Parents have other concerns or questions.

Child should be seen as soon as possible if:

- ✓ The rash appears to be infected and the child has a fever.