

ECZEMA TREATMENT PLAN

- **Bleach Baths:** This controls the infective elements in eczema. Add 1-2 capfuls of unperfumed thick bleach in a half tub of warm water and soak upto neck only for 5 minutes, to do this no more than 5 days in a month. Then drain the water away and have a second wash with Dermol 500 antiseptic wash. This treatment is for excoriated infected eczema, mild eczema does not need this treatment. (Reference: Paediatrics 2008:122;812-814; Pediatric Dermatology 2103:30; 308-315.)
- Dab dry with a towel and then apply a **greasy moisturiser** as 50:50 white soft paraffin/liquid paraffin or Epaderm or Cetraben or Epimax or QV intensive ointment, this is done often to keep the skin well moisturised probably use twice daily. These are inflammable so caution is needed in front of a fire.
- **Body & Limbs:** On the affected areas of eczema apply **Synalar C ointment** twice daily reducing to once daily, or **mometasone ointment** once daily x 3 weeks then alternate days x 3 weeks. In infants use the same for 5-10 days only.
- In moderately severe eczema apply **steripaste or viscopaste bandages** with Tubifast greenline, blueline or brownline depends on the girth of limbs. There are ready made vests, leggings, socks, gloves available and Dermasilk which is more expensive for the comfort.
- **Face:** Protopic 0.1% ointment for adults and Elidel cream are the preferred topicals for the face. Only rarely is Mometasone ointment used on the face. Protopic may cause a tingling sensation when applied but one gets used to this and this is lessened if Protopic is kept in the fridge. Protopic is inactivated when combined with other creams or ointments so it should be applied on its own and any other topicals should be used two hours either side. Protopic may be used as a weaning process post steroid ointments i.e. use steroids ointments as mometasone to get things under control and then use Protopic. Less commonly in children it is used twice weekly for 3 months affected areas as a preventative treatment. Protopic and sun exposure especially sitting in the sun is discouraged and live vaccinations should be given only after Protopic is stopped for 3 weeks. Protopic is a bit greasy but slightly more effective than Elidel which is a cream, albeit less greasy but Elidel does not carry the cautions with Protopic.
- **Antihistamines** in eczema work by sedation so something like cetirizine, piriton, hydroxyzine, Benadryl are preferred as compared to Fexofenadine or xyzal.