

Synopsis Eczema Treatment

- Bleach baths:- add a small capful of bleach into a tub of water and soak the baby for four to five minutes once daily for four to five days then stop. This treatment may be repeated much later after about three to four weeks for two to three times a week only. It should not be used all the time. This treatment is good when the eczema is badly excoriated and infected. This is not needed when the eczema settles or is mild. Ref: Paediatrics 2008;122;812-814; Ped. Dermatol. 2013;30;308-315.
- Wash again with fresh water using Dermal 500 or Dermal wash or QV wash. In mild eczema this can be the starting point in treatment.
- Dab dry gently with a towel and apply Epaderm ointment or 50:50 white soft paraffin/liquid paraffin, QV Intensive ointment, Aveeno cream or cetaben ointment or lotion all over the body and limbs. Caution: 50:50 WSP/LP the latter is inflammable! Usually the greasier the better but patient preference is important.
- On top of the moisturiser, predominantly on affected areas of eczema only, apply Synalar C ointment or cream twice a day for four to five days then reduce to once a day for next four to five days and stop.
- On top of this apply Steripaste/Viscopaste bandages followed by suitable green line or blue line tubular gauze which is called Tubifast or Comfast or Clinifast. Dermatology nurses would be happy to teach parents on using steripaste bandages.
- On the face, if there are areas of bad eczema, to use Elocon ointment once daily for four to five days then stop. This should not be repeated too often. If the eczema is milder, Elidel cream (not a steroid, called topical immunomodulatory) twice daily for two weeks, then tapered down and stopped. Elidel is not suitable for badly scratched eczema. On bad eczema one can start with Elocon and then step down to Elidel.
- On the body and limbs as the eczema becomes milder, Elidel cream may be used, noting that it should be used for 2-3 weeks on and 2-3 weeks off and not continuously.
- In infants who are older than two years Synalar C ointment be replaced at the end of four to five days with Elidel cream or Protopic ointment, which is not a steroid and does not thin the skin. Protopic ointment is a bit more potent than Elidel cream; the latter is preferred by some especially for the face. Both may cause an initial tingling sensation (some say burning!) this wears off and it helps if these are kept cool in a fridge and used.
- Piriton syrup may be taken half a teaspoonful at night and, if required, half a teaspoonful in the morning. Maybe increased to 1 teaspoonful nocte where needed.
- As the skin starts improving the Steripaste bandages and Tubifast may be abandoned in favour of vests and leggings. These can be obtained on prescription.

220316/st

	Use frequently	Emollient
50:50WSP/LP	All over	Greasier the better
	Liberally	Alternatives: oily cream, doublebase, oilatum, Epaderm, Balneum plus, Eucerin Intensive lotion
	Affected areas	Betnovate C or Synalar C ointment (not cream) or Fucibet cream (use less often, risk of resistance) <=weaker than 1%HC<Eumovate<Betnovate<Dermovate Trimovate/NystaformHC in Intertriginous areas (?candida) 1 Finger tip= 0.5gm usually 20gm /day, adult 40 gm/day
STEROID	All over if needed Usually bd reducing to od Use strong steroids face only if bad and ONLY for 5 days & STOP	FIVE days only in under fives; 7-10 days in 6-10 yrs; 2 weeks thereafter. As Eczema gets better WEAN off...i.e.stop and change to weaker preparation. Vioform HC ointment or FucidinH ointment. 1% HC ointment alone will do if NO infection present. Do swab (viral swab if H simplex is suspect) before Rx
COCOIS/SEBCO	SCALP	Apply for 15-20 mins & wash off with water. No shampoo needed
Comfifast/Tubifast	Body suits x4	Adults & Teenagers
	FP10	
	Write PIP code	
Permitabs	1 or 2 tab /50L of water	Check!! Tablets must be dissolved final colour of soaks must be pink not purple!!

Rx of Paediatric Eczema

Trade names used

SynalarC=BetnovateC ointments = Fucibet roughly in strength; C is a quinoline topical as Vioform. Reduce Fucibet drug resistance to Fucidin increasing.

Wet wraps are mainly for exfoliative atopic dermatitis and not for any eczema.

Bleach bath : 2 capfuls of bleach in half a tubful warm water, soak in it for 5 mins and drain the water followed by a second wash with Dermol wash

Apply QV inetensive ointment twice daily followed by Mometasone ointment daily x 3-4 weeks all affected areas, then alternate days next 3-4 weeks and stop

Steripaste bandages on arms and legs and wrap over with tubifast blue line: do this for 7-10 days

Antihistamines at night (cetirizine 10 mg)

Light treatment