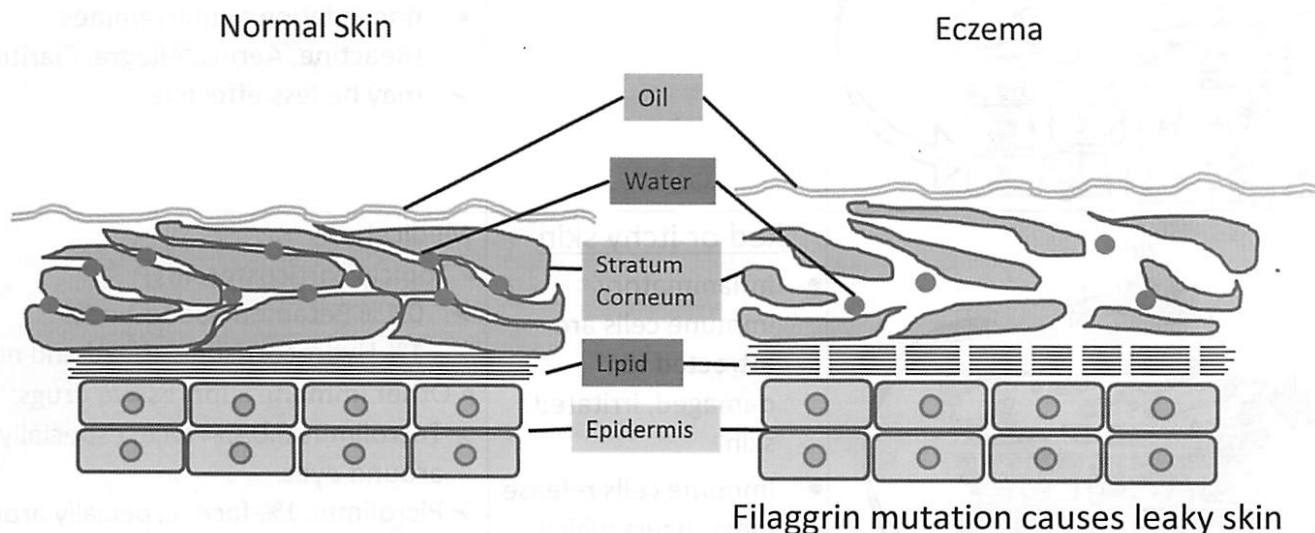


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Eczema skin care guide:

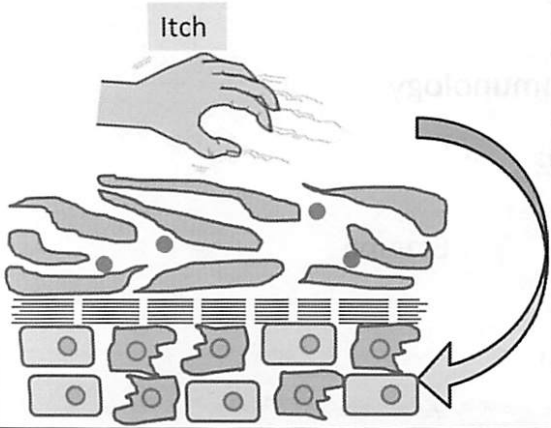
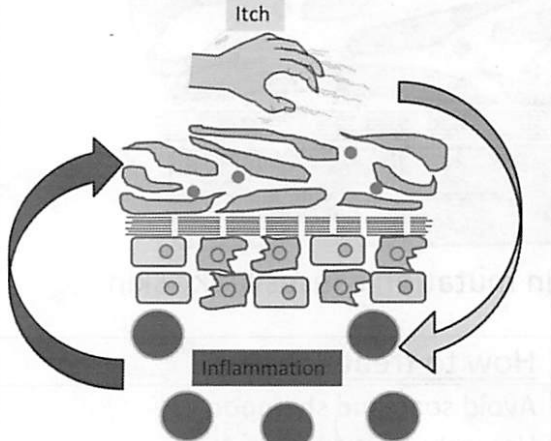
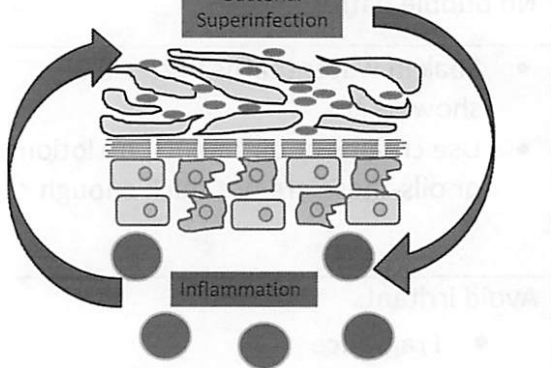


	<u>What is happening</u>	<u>How to treat</u>
<p>The diagram shows a cross-section of skin. An arrow labeled 'Soap' points to the surface. An arrow labeled 'Irritants' points down into the skin. An arrow labeled 'Water' points up from the skin. The skin layers are labeled 'Stratum Corneum' and 'Epidermis'.</p>	Soap removes the protective oil	Avoid soap and shampoo Use only 1 x week No bubble bath
	Water leaves the skin, and it dries out more	<ul style="list-style-type: none"> <li>• Soak in water (baths better than showers?)</li> <li>• Use creams or ointments, no lotions or oils-these are not thick enough</li> </ul>
	Irritants penetrate the skin and damage it further	Avoid irritants <ul style="list-style-type: none"> <li>• Fragrance</li> <li>• Soaps</li> <li>• Rough fabrics</li> <li>• Tags</li> <li>• Velcro</li> </ul>

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	<ul style="list-style-type: none"> <li>• Dry, irritated skin becomes itchy</li> <li>• Skin becomes damaged further by scratching</li> </ul>	<p><b>Medications:</b></p> <ul style="list-style-type: none"> <li>• Hydroxyzine or benadryl <ul style="list-style-type: none"> <li>➢ Use at night if severe.</li> <li>➢ Will make your child sleepy; <b>do not use</b> it if they are really sick with a cold.</li> </ul> </li> <li>• nonsedating antihistamines (Reactine, Alerius, Allegra, Claritin) <ul style="list-style-type: none"> <li>➢ may be less effective</li> </ul> </li> </ul>
	<p><b>Red or itchy skin</b></p> <ul style="list-style-type: none"> <li>• Inflammatory immune cells are attracted to damaged, irritated skin</li> <li>• Immune cells release messengers which cause more itching and redness</li> </ul>	<p><b>Medications</b></p> <ul style="list-style-type: none"> <li>• Topical corticosteroids <ul style="list-style-type: none"> <li>➢ 0.1% Betamethasone-body</li> <li>➢ 1% Hydrocortisone –head and neck</li> </ul> </li> <li>• Other immune suppressive drugs: <ul style="list-style-type: none"> <li>➢ Tacrolimus 0.03% -face, especially around eyes</li> <li>➢ Picrolimus 1%-face, especially around eyes</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• Bacteria can grow in damaged skin <ul style="list-style-type: none"> <li>➢ Pus</li> <li>➢ Wetness</li> <li>➢ Honey crusts</li> <li>➢ Not getting better with 3 days of steroid cream</li> </ul> </li> </ul>	<p><b>Medications</b></p> <ul style="list-style-type: none"> <li>• Antibiotics <ul style="list-style-type: none"> <li>➢ Topical Mucoporin 2% ointment – mix half and half with topical steroid and use for 5 -7 days</li> <li>➢ if bad enough you might need oral antibiotics instead</li> </ul> </li> <li>• Bleach baths 1-2x weekly to prevent reoccurrence</li> </ul>

### Troubleshooting tips:

- ♦ 1 finger tip unit of medicated cream is enough to cover one hands worth of eczema:
- ♦ Treat problem areas for 3-5 extra days AFTER the skin is normal (put the fire out!)- this prevents flares!
- ♦ If there is no improvement in 3 days of medicated cream use, the skin is also infected- add antibiotic as above.
- ♦ If difficulty controlling eczema flares, contact office to discuss wet wrap teaching



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### **Bleach baths for frequently infected eczema:**

Some studies have shown that bleach baths can improve eczema symptoms. This is like soaking in a chlorinated swimming pool, and will help prevent infection of the eczema.

- 1) Add lukewarm water to fill the tub completely (about 40 gallons of water).
- 2) Depending on the size of the tub/amount of water used, add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of common bleach solution to the bath water. Any house hold bleach (sodium hypochlorite 6% solution) will do (for example, Chlorox liquid bleach, or Javex liquid bleach)
- 3) Stir the mixture to ensure that the bleach is completely diluted in the bath water.
- 4) Soak in the chlorinated water for 5 to 10 minutes.
- 5) Thoroughly rinse skin clear with lukewarm, fresh water at the end of the bleach bath to prevent dryness and irritation (just like a quick shower rinse after a swim in a pool).
- 6) As soon as the bath is over, pat dry. Do not rub dry, as this is the same as scratching.
- 7) Immediately apply any prescribed medications/emollients (see above instructions).
- 8) Repeat bleach baths 1–3 times a week depending on how often it is infected

#### **Caution:**

- i) Do not use undiluted bleach directly on the skin. Even diluted bleach baths can potentially cause dryness and/or irritation.
- ii) Do not use bleach baths if there are many breaks or open areas in the skin (for fear of intense stinging and burning). These baths are for infection prevention, not for treating an active infection.
- iii) Do not use bleach baths in patients with a known contact allergy to chlorine.
- iv) **Keep bleach out of reach of children! Use a bleach bottle with a child proof cap.**

### **Citrus fruits and other topical irritants:**

It is common to see flares with topical exposure to citrus fruits: they are eczema irritants. No testing for this is required. It is often helpful to apply some barrier cream or ointment to the face before feeding citrus fruits, as this will protect it from getting irritated (the same way you can prevent a diaper rash). Lanolin ointment or Vaseline would work well.

### **Frequent problems with the hands, and hand washing dermatitis:**

The hands take a lot more wear and tear, and often need a little more treatment to prevent irritation, especially for children who are having their hands washed frequently. Advise daycare/school not to use alcohol based sanitizers on your child. Provide fragrance free soap for the hands to be used if possible. Soap does not have to be used every time they wash their hands: use it just when there is dirt on the hands, or your child has gone to the bathroom. Working Hands cream (or another cream containing dimethicone such as Cerevae baby diaper cream) should be used on the hands first thing in the morning, and will help protect them through the day. Medication will not go through the Working hands (or other dimethicone containing creams, so if you need to use medication, apply it first, then apply the Working Hands Cream).

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## Prevention:

Some children have eczema flare in the same location a few days or weeks after they stop topical medications. Studies have shown that you can prevent flares by occasionally using topical medicated creams. Twice weekly (for example-on the weekend), you can apply topical steroids or Protopic to areas that always flare. Continue this for 16 weeks total. This immune suppression may stop the area from flaring, and has been shown to stop these patches from returning about half the time when this method was tested.

## Medication info:

Prescriptions for Bactroban 0.2% ointment, Protopic, betamethasone valerate 0.1%, hydrocortisone 1%, and Atarax (for itch) may have been provided.

**Protopic 0.1% ointment:** an anti-inflammatory medication that is not a steroid. It does not thin the skin, and can be used around the eyes. It has been shown to be effective in preventing flares of eczema when used a few times a week. It has a scary **black box warning** that mentions the possibility of an increased risk for cancer with the medications use. This is because the pill form of this medication when used at high internal doses is really good at turning off the immune system. The pill form of this medication is used in kidney transplant recipients, and in these patients, it is associated with a slightly increased risk of skin cancer. There have been some studies done looking at large numbers of patients on the topical form of this medication. While there were some patients that eventually developed cancer, the rates were not different than the rates of cancer in patients that were not on the medication. This implies that the medication does not cause an increased risk for cancer. This medication is usually not used in children under 2 years of age, and should be 0.03% strength if under 16 years old. 0.1% is used in older teens and adults.

**Bactroban/Mucoporin:** This is a topical antibiotic used for infected eczema that is weepy, has yellow crusting, or is not starting to heal after 3 days of steroid creams. Use it for 5-7 days twice daily when it is needed.

## Creams and ointments:

Any unscented cream or ointment can be used for hydration, or barrier protection. The most important thing is that they are used!

				
Glaxal Base	CeraVe Cream	Vaseline Ointment	O'keefes working hands	Lanolin Ointment
Good basic moisturizer	Good basic moisturizer	Good ointment	Excellent for treating hand lesions	Best for treating around the mouth, ok for hands
+++ Thick	No smell, very smooth preferred by teens	Least expensive	Doesn't sting Doesn't wash off	Safe to eat, doesn't sting
Slight smell	More expensive	May stain clothes Warm/sticky-summer	Unclear long-term safety re accidentally eating	May stain clothes
450ml= \$21	453ml=\$25	375ml=\$5	100grams=\$9	40g=\$13

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