

Eczema

Atopic Dermatitis or Eczema is very dry, itchy skin. It is an allergy like response to stress, environmental factors or sometimes no known reason.

The following steps should be taken to maintain healthy skin:

1. Moisturize well every day with a product that has no color or odor. Crisco shortening, Cerave moisturizing lotion, and Eucerin/Aquaphor cream are a few examples of products we have seen very good results from use.
2. Wear soft, loose cotton fabrics. Tight or scratchy clothing can increase irritation.
3. Keep fingernails short to avoid skin break down with scratching.
4. A cool mist humidifier can help keep the air more moist and decrease skin dryness.
5. Minimize bathing/soaking time and use a mild soap such as plain dove moisturizing bar soap. Specifically avoid bubble baths and perfumed soaps.
6. After bathing pat the skin dry rather than rubbing, and apply a moisturizer as soon as possible.
7. Contact our office for an evaluation if the above measures are not providing relief of the skin irritation, if the skin is breaking down or particularly inflamed, if bruising is noted, or if fever or other symptoms occur. Prescription medications may be helpful for some skin conditions.