



UNDERSTANDING ECZEMA

Eczema
Flares

Your step-by-step guide on how to treat eczema flares

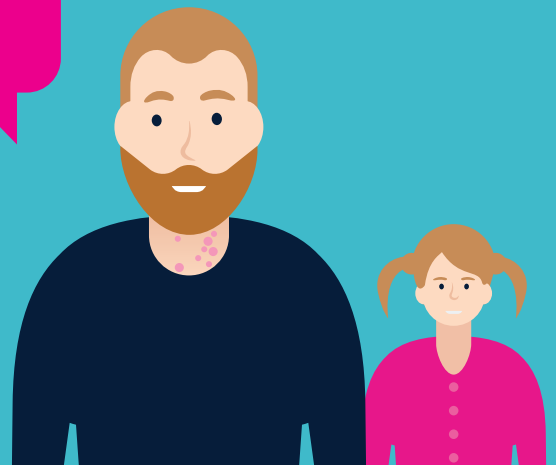


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Eczema flares

Eczema flares occur when eczema suddenly gets worse. Flares are commonly triggered by a wide range of things that irritate the skin, but sometimes flares happen for no obvious reason. It is important to keep moisturising your skin, following your management routine and doing what you can to help prevent a flare.

Skin damage can be prevented by applying creams or ointments prescribed by your doctor as soon as redness and/or itching occurs and ongoing moisturising of your skin. In contrast, not using enough of the treatments can cause skin damage due to itching, which can lead to scarring.

There are a few other options to help control flares, such as baths with a small amount of bleach in them (bleach baths) and wet dressings.



Watered-down bleach baths

Bleach baths are an effective and safe way for babies, children and adults to stop skin with eczema from getting infected. The amount of bleach in a bleach bath is like the amount of chlorine in a swimming pool. Bleach baths are typically recommended for people who have repeated infected eczema.

- 1 Wash and dry your hands
- 2 Using a 10-litre bucket, fill bath to desired level
- 3 Add 12mls of unscented (plain, not with lemon, etc) household White King bleach per 10L of bath water
- 4 If using, also add 1/3 cup of salt per 10L of water, and 1-2 capfuls of bath oil
- 5 Wash yourself/your child in bath including face but be careful not to get the water in the eyes
- 6 Gently clean any eczema sores and remove crusts
- 7 Once clean, get out of the bath without rinsing. Gently pat dry with a soft towel.
- 8 Apply steroid cream/ointment and moisturiser as directed by your doctor or nurse practitioner



Tip:

Mark the desired water level on the bath (with sticky tape) so you only need to measure with a bucket once.



Wet dressings

Wet dressings help to keep moisture in the skin and reduce the itch.

- 1 Wash and dry your hands
- 2 Half fill a large mixing bowl with slightly warm water. If recommended, add 1 capful of bath oil
- 3 Add 1 pair of cotton pants/leggings and 1 long-sleeved cotton t-shirt to the bowl.
- 4 As advised, apply topical steroid cream/ointment to all areas with eczema, and moisturiser
- 5 Put wet clothing (the wet dressing) on
- 6 Then put dry clothing over the wet clothing
- 7 When you remove the wet dressings, apply moisturiser to the whole body and face again
- 8 Leave wet dressings on for the time specified by your doctor/nurse practitioner. This can be for 20 minutes, a few hours, or sometimes overnight. Follow the advice of your doctor/nurse practitioner.



Tip:

Do not leave a wet dressing on all day as it can dry the skin.

For more information on eczema (atopic dermatitis) visit the links below:

[ASCIA Action Plan for Eczema](#)

[National Allergy Strategy: Eczema Resources For All Ages](#)



ASCIA Eczema Action Plan

ascia

australasian society of clinical immunology and allergy

www.allergy.org.au

ACTION PLAN FOR Eczema (Atopic Dermatitis)

Patient Name: _____ Date of birth: _____

Plan prepared by Doctor: _____ or Nurse Practitioner: _____

Signed: _____ Date: _____

In order to manage your eczema or your child's eczema you should follow all of the selected recommendations below:

ACTION: MAINTAIN AND PROTECT SKIN

- Apply _____ moisturiser at least _____ times/day
- Bath/shower with _____ (non-soap based body wash or oil)
- Immediately apply _____ moisturiser after bath/shower
- Additional bath instructions: _____

ACTION: TREAT FLARE AND SEVERE ECZEMA

If prescribed, use topical corticosteroid or calcineurin inhibitor ointments or creams listed below.
Apply moisturiser after using the prescribed treatment.

FACE TREATMENT

- Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Night time application: _____ ointment or cream

BODY TREATMENT

- Mild to moderate flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Severe flare of eczema: _____ ointment or cream; 1, 2 or 3 times/day
- Night time application: _____ ointment or cream

Continue to use recommended treatment until skin looks and feels normal, or for _____ days

- If prescribed, use immune modulating treatment for severe eczema: _____

ACTION: CONTROL ITCH

- Wet dressings/wraps: _____ times/day; _____ times/night. Note: These can also be used to maintain and protect skin.
 - Cool Compress Specifically designed garments: _____
- Note: Wet dressings/wraps and cool compresses can also be used to treat eczema flares.
- Antihistamine: _____ Dose: 1, 2 _____ mg tablet or _____ ml; 1 or 2 times/day
 - Other: _____

ACTION: CONTROL AND PREVENT INFECTION

- Bleach baths 1, 2 or 3 times/week:
 - _____ mls unscented domestic bleach (~4 - 4.5%)/ _____ ml water OR
 - _____ mls unscented domestic bleach in full, or 1/2 bath
 - Additional instructions: _____
 - Apply moisturiser after bleach bath
- Nasal ointments: _____ 1, 2 times/day
- Treatment oral antibiotic: _____ Dose: 1, 2 _____ mg tablet or _____ ml; _____ times/day for a total of _____ days
- Oral antibiotic prophylaxis: _____ Dose: _____ mg tablet or _____ ml; _____ times/day
- Varicella vaccination Additional instructions: _____

ACTION: AVOID TRIGGERS AND IRRITANTS

- House dust mites Other confirmed allergens: _____
- Irritants - perfumes, soaps, clothing Other irritants: _____

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