



ATOPIC DERMATITIS (ECZEMA) INFORMATION SHEET

Avoid triggers:

Clothing:

- Use cotton fabrics and avoid synthetics/wool if possible
- Keep skin covered as much as possible

Laundry:

- Use dye-free, perfume-free detergent (ALL-free, Tide-free, Dreft)
- Avoid dryer sheets

Bathing:

- 1-2 warm baths for 15-20 minutes
- Use mild soap (Dove unscented)
- Gently pat skin after bath to dry
- Immediately apply skin creams/medications

Skin Care Regimen:

- Apply triamcinolone 0.1% twice daily on body as needed
- Apply hydrocortisone 2.5% twice daily on face as needed
- Apply moisturizer to skin twice daily (Eucerin, Aquaphor, Vaseline, Vanicream)

Oral Medications:

- Take as prescribed for itching