

Child's name:
Age:
NHS/Hospital no.:

Personalised eczema management plan



Green – Eczema clear

1. Regular moisturiser (daily, as often needed to prevent skin from feeling dry and instead of soap)

2. Preventer treatment (to keep commonly affected sites clear)

→ Head and neck:

→ Body and limbs:



Amber – Mild flare

1. Regular moisturiser
 - as per **Green**

2. Treatment of flare (apply to red itchy areas once daily). Once skin clear step back to **Green**

→ Head and neck:

→ Body and limbs:



**Red – Severe flare
(not settling with Amber treatment)**

1. Regular moisturiser
 - as per **Green**

2. Treatment of flare (apply to red itchy areas once daily). For ___ days before stepping back to **Amber**

→ Head and neck:

→ Body and limbs:

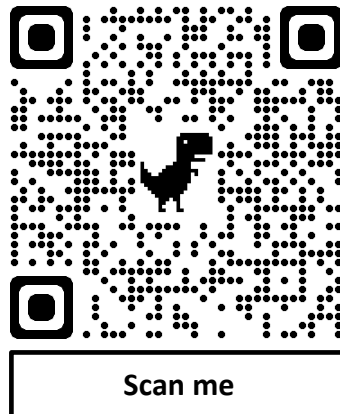
Applying steroids using the Fingertip Unit

- A fingertip unit (FTU) is the amount of product that covers the area from the tip of an adult index finger to the first skin crease when squeezed from a standard 5-mm tube and accounts for an area of skin equal to the palms of two adult hands.



Patient information videos

- The following QR code links to patient information videos on how to use topical steroids, emollients, wet wraps, bandages and occlusive dressings.



Patient information leaflets

- The following QR codes link to patient information leaflets on:

1. Atopic eczema



2. Topical calcineurin inhibitors

