

ATOPIC DERMATITIS

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS ATOPIC DERMATITIS

Atopic dermatitis (atopic eczema), the most common inflammatory skin disease worldwide, involves genetic and environmental factors. It is not yet possible to modify genetic factors and it can be difficult to effectively manipulate all relevant environmental factors. There is therefore no known cure for atopic dermatitis, however treatment can control the inflammation and help maintain a healthy skin barrier.

AVOID SKIN IRRITANTS (TIPS & TRICKS)

- Where possible avoid triggers that can directly inflame the skin. These may include fabrics, fragrances, plant oils/extracts and certain chemicals in topical products.
- Environment can also cause flares in atopic dermatitis, but it can be very difficult to control where you live. Using a humidifier in doors can be helpful if you live in a dry climate. Using a water softener can also help your skin as hard water may dry it out more.
- When bathing do not use fragranced washes and avoid having your child sit in a bubble bath. Wash the needed areas at the end of the bath and then rinse off.

PROPER SKIN CARE (TIPS & TRICKS)

- When you have atopic dermatitis your skin barrier is compromised and more permeable, so really trying to maintain a healthy and intact skin barrier is VITAL.
- There are different types of moisturizers on the market that usually include three different components; occlusive agents, humectants and emollients. In general, the greasier and thicker the better because they hold water in the skin best. They also need to be applied daily to multiple times a day, especially after the shower/bath when the skin is still damp. Also using products that are fragrance free and have less plant oils and extracts can be less irritating to the skin as well.

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FOOD (TIPS & TRICKS)

- The relationship between atopic dermatitis and food is complex. Food allergies may exacerbate atopic dermatitis, but they do not cause it. Avoidance diets do not cure the problem. Food allergy testing is needed if there is concern of an immediate life-threatening reaction (anaphylaxis).

BLEACH BATHS

These can be a helpful at home measure to decrease the bacteria found on the skin to help with treatment success and decrease potential secondary infection. See instructions on how to do these below.

- In a regular bathtub add $\frac{1}{8}$ - $\frac{1}{4}$ cup of bleach to a full tub of water.
- Soak for 10 minutes at least 3 times a week.
- Rinse then apply steroid cream and/or moisturizer.

OTHER MEDICATIONS

You were likely also given a prescription medication for this condition, likely a topical steroid. Steroids can not be used daily for long periods of time and if they are then another medication needs to be chosen. If you have any questions on how to use these medications or side effects please call us.

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

*Our Patient
Education Blog*



*Our Monthly
Newsletter*



*Our Educational
Youtube Videos*

