



Patient name: \_\_\_\_\_ Date: DD / MM / YYYY  
Plan prepared by: \_\_\_\_\_ Signed: \_\_\_\_\_

In order to manage your eczema or your child's eczema you should follow all of the selected recommendations listed 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 a PBS listed treatment for severe eczema:

- Dupixent® or  Rinvoq® or  Other \_\_\_\_\_

## 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: \_\_\_\_\_