



bliss dermatology
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Care for your Eczema

- Eczema is an inflammatory skin condition which is characterized by dry, itchy patches of skin.
- Eczema has several causative factors, and is oftentimes triggered by environmental factors or may run in families.
- No cure for eczema exists, so avoiding triggers and maintaining skin health is key to preventing flares.

Daily Care

- Use mild cleansers such as Dove®, Cetaphil®, CeraVe® or Aveeno®. If possible, only use cleansers on areas such as the armpits, groin and feet.
- Avoid long, hot showers or baths; instead use lukewarm water.
- Limit your shower or bath to 20 minutes. Do not scrub your skin aggressively.
- After gently patting the skin dry, apply your prescription creams first, followed by a thick layer of non-irritant, non-scented cream to slightly moist skin.
- Over-the-counter moisturizers such as Eucerin Intensive Repair Lotion and CeraVe® moisturizing cream are all helpful in maintaining the skin barrier.
- If extremely dry, consider using an emollient like Aquaphor or Vaseline.

Avoid

- Perfumes, colognes or fragranced skin products
- Fabric softeners or scented laundry detergent- “free and clear” brands are best
- Frequent hand washing or frequent hand sanitizer application as this will break down your skin barrier

Infection

- Dilute bleach baths can prevent the bacterial infection that often accompanies eczema.
- D Bleach Baths: ½ cup of plain bleach to a full bath tub of water OR ¼ cup of plain bleach to 1/2 bath tub of water.
- Soak for 5-10 minutes then dry skin and moisturize. Do this 1-2 times weekly

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Medications

- Treatment for eczema most commonly consists of topical steroid application.
- Topical steroids should not be applied to the same area of skin daily as this can lead to skin atrophy (thinning and fragility) and other issues.
- We recommend that you do not apply a steroid to the same area of skin more than 15 days out of 30.
- A good rule of thumb is to apply twice daily until itching/rash resolves and then discontinue the same number of days. (If that takes 4 days, then take 4 days off before resuming.)
- If you are still experiencing flaring, we can prescribe a safe “non-steroidal” cream to use in between. We also have both oral medications and injectable medications that we can use for chronic eczema that is not responding to topical treatment.

Eczema on the hands and feet will often respond better under occlusion (coverings that hold in the moisture) at nighttime. This is because our skin is thickest at these sites. We recommend that you buy nitrile gloves and apply your cream under the gloves at night. You can also use a steroid ointment instead of a cream as ointment will penetrate your skin better.

Topical Steroid Prescribed

- Many of our topical steroids can be compounded for \$45.
- If you are prescribed a steroid and it is more costly than \$45, please call our office and inquire about compounded medications.