

## CARE OF DERMATITIS

1. 1 time per day the skin of the entire body should be moistened with water, by either a bath or shower. Keep the skin wet for 5-10 minutes only.
2. Use very little mild soap. Do not add any agents to the water. Do not scrub the skin vigorously with rough cloths or scrubbers.  
Examples of soaps: Dove, Basis, Cetaphil
3. While the skin is still damp, apply a thick moisturizer to the whole skin surface.  
Examples of moisturizers: **Cera Ve cream**, Vaseline petroleum jelly or Aquaphor (avoid in very hot weather), Cetaphil cream, Eucerin cream
4. 2 times per day (morning and night) apply a thin layer of \*\*\* to the AREAS OF DERMATITIS ONLY, on the arms, legs, and trunk. Apply \*\*\* to areas of dermatitis on the face. Use a thin layer of medication only, and rub it in completely.
5. Throughout the day reapply the moisturizer frequently to any areas of the skin which appear dry.
6. If a medication for **itch** was prescribed, take it as follows:  
Name of medication:\*\*\*  
Instructions: Take \*\*\* orally at bedtime.
7. If a medication for **infection** was prescribed, take it as follows:  
Name of medication:\*\*\*  
Instructions: Take \*\*\* orally \*\*\* times a day for \*\*\* days.
8. As the dermatitis improves, continue to bathe once a day. When the skin is no longer rough and/or red you may be able to stop the topical medication gradually (i.e. use it one time a day for a few weeks, and if still doing well, stop it completely). You must continue to apply the moisturizer after bathing and several times throughout the day. Restart the topical medication only if the dermatitis worsens again.
9. Flares of dermatitis can sometimes be prevented by minimizing the normal germs on our skin. Adding bleach to the bath once a week has been shown to be of benefit. We recommend adding about **1/4 of a cup of bleach to a typical bathtub of water** once a week, having the child bathe for 5-10 minutes in this water, then rinse off in clear water.