



## What is Eczema?

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Eczema is a general term for rash-like skin conditions. The most common type of eczema is called atopic dermatitis, which is an allergic reaction. Eczema is often very itchy and when you scratch it, the skin becomes red and inflamed. Eczema affects adults and children, but it is most common in babies. Although the exact cause is unknown, eczema is not contagious. You are more likely to have eczema if you have a family history of the condition.

## Tips on how to care for your skin

**Limit your contact with things that can irritate your skin.**

- Some things that may irritate your skin include household cleansers, detergents, aftershave lotions, soap, gasoline, turpentine and other solvents. Try to avoid contact with things that make you break out with eczema.

**Wear gloves to protect the skin on your hands.**

- Wear vinyl or plastic gloves for work that requires you to have your hands in water.

**Wear clothes made of cotton or a cotton blend.**

- Wool and some synthetic fabrics can irritate your skin.

**Care for your skin in the bath or shower.**

- Bathe only with a mild soap, such as Dove, Basis or Oil of Olay. Use a small amount of soap. Keep the water temperature cool or warm, not hot.

**Use the medicine your doctor has prescribed for you.**

- When your eczema flares up (gets worse), use the medicine prescribed by your doctor.
- Follow your doctor's directions for using this medicine or check the label for proper use. Call your doctor if your skin does not get better after 3 weeks of using the medicine.

**Use a moisturizer on your skin every day.**

- Moisturizers help keep your skin soft and flexible. They prevent skin cracks. A plain moisturizer is best. Avoid moisturizers with fragrances (perfume) and a lot of extra ingredients.

**Avoid scratching or rubbing the itchy area.**

- Try not to scratch the irritated area on your skin even if it itches. Scratching can break the skin. Bacteria can enter these breaks and cause infection. Moisturizing your skin will help prevent itchiness.

**Avoid getting too hot and sweaty.**

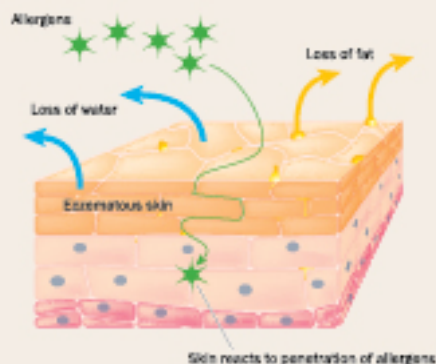
- Too much heat and sweat can make your skin more irritated and itchy. Try to avoid activities that make you hot and sweaty.

**Learn how to manage stress in your life.**

- Eczema can flare up when you are under stress. Learn how to recognize and cope with stress.

**Continue skin care even after your skin has healed.**

- The area where you had the eczema may easily get irritated again, so it needs special care. Continue to follow the tips in this handout even after your skin has healed.



## Follow-up appointment

Keep your follow-up appointments with your doctor.

It is important for your doctor to monitor your progress.

## For a follow-up appointment:

Date:.....

Doctor's Name:.....

Telephone: 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

Website: <http://www.sih-kw.com>

## Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

