



ECZEMA (ATOPIC DERMATITIS)

Eczema is a long-term skin condition with a rash. The cause is unknown but can be irritated by rough clothes, emotional upset, overheating, or your child's allergies. Eczema usually runs in families and is not contagious.

The rash of eczema may be red, rough, dry, thick and scaly, or wet and weepy. It can occur anywhere on your child's body but is more common on the face, on the neck, or in the creases of the arms or legs. The rash is usually very itchy.

TREATMENT

1. Dress your child in loose fitting, soft clothes. Avoid rough or wool clothes.
2. Keep your child cool. Sweating or getting overheated can make the itching worse.
3. Avoid frequent baths, strong soaps, bubble baths, and perfumed lotions. Give your child a bath in slightly warm water for about 10 minutes each day using a mild soap such as Dove or Dial.
4. After the bath pat the skin dry with a towel--**DO NOT RUB IT**. Apply a moisturizer to the skin like Eucerin, Curel, or Crisco shortening.
5. Keep your child's fingernails cut short and clean. Wash your child's hands frequently.
6. If itching becomes very bad, Benadryl may be used. _____ teaspoon(s) every _____ hours. Benadryl may make your child sleepy.
7. Your doctor may prescribe additional creams for you child's rash.

CALL YOUR DOCTOR IF:

1. The rash becomes red, swollen, hot to the touch, raw or bleeding.

2. The itch keeps your child from sleeping at night.
3. The rash is not better after a week of treatment or the rash get worse.

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