

# Atopic Dermatitis/Eczema

Atopic dermatitis, also called Eczema, is a chronic inflammation of the skin that often starts in infancy and can last through adulthood. Many patients with atopic dermatitis will also have conditions such as asthma, seasonal allergies, food allergies, or eosinophilic esophagitis. Here is some advice on managing atopic dermatitis in yourself and/or your child:

## **Bathing:**

Bathing is an important part of skin care. It is OK to bathe once daily. Bathing should be done in lukewarm water or bath for a maximum of 5-10 minutes. Soap should be reserved for the “dirty” parts of the body – hair, armpits, groin, hands, and feet. Immediately after bath or shower, pat the skin dry and apply any prescribed medications first. Prescribed medications should only be applied to skin where you can \*feel\* rash. Discoloration of the skin is common after rash resolves. Then apply a liberal amount of moisturizer from head to toe.

**\*\*Avoid bubble bath, scented soaps, bath oils, bath bombs, and anti-bacterial soaps\*\***

## **Recommended soaps:**

- [Dove sensitive bar soap](#)
- [Vanicream gentle facial cleanser](#)
- [Vanicream free and clear shampoo and conditioner](#)
- [Dove baby sensitive skin head and body wash](#)
- [Vanicream liquid body soap](#)
- [Vanicream bar soap](#)
- [Trader Joe's Oatmeal Honey soap](#)

[www.beccajoymd.com](http://www.beccajoymd.com)

This handout contains affiliate links to products. I may receive a small commission for purchases made through these links.

**Moisturizers:**

Thick creams and ointments (sold in jars) work best and are preferred for people with atopic dermatitis and eczema. Moisturizers should be applied at least twice per day. For infants with Atopic dermatitis/eczema, Vaseline or another thick cream should be applied with every diaper change

**Recommended moisturizers:**

- [Vaseline petroleum jelly](#)
- [Crisco](#)
- [Cetaphil](#)
- [Cerave healing ointment](#)
- [Vanicream body cream](#)

**Fragrances:**

Avoid all scented soaps, laundry detergents, fabric softeners, and bath gels. Laundry detergent labeled as “free and clear” is best such as [All Free and Clear](#)

**Infection:**

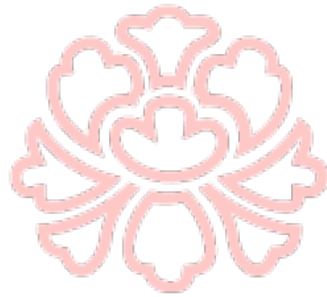
Skin infections and bacterial colonization (bacteria making a home on the skin) are more common in people with atopic dermatitis and eczema. This bacteria can drive the eczema to worsen. To decrease the amount of bacteria on the skin, take a dilute bleach bath three times per week. This means ¼ cup [plain bleach](#) in a bathtub of water (it is completely safe, even if your child likes to drink the bathwater)

**Environmental factors:**

Irritants such as tags on clothing or buttons/zippers can sometimes irritate children with eczema. Clothing brands such as [Kickee Pants](#) can help prevent this irritation. People

[www.beccaioymd.com](http://www.beccaioymd.com)

with atopic dermatitis/eczema are more likely to develop skin allergies to things like nickel, Neosporin, or essential oils. Cigarette smoking and second hand smoke can also worsen atopic dermatitis and eczema. Foods taken internally are usually unrelated to eczema flares, but children with atopic dermatitis/eczema are more likely to have allergies to foods. This should be discussed with your pediatrician. Breastmilk may reduce the risk for developing atopic dermatitis/eczema.



**Becca Joy, M.D.**

[www.beccajoymd.com](http://www.beccajoymd.com)

This handout contains affiliate links to products. I may receive a small commission for purchases made through these links.