

## Atopic Dermatitis/Atopic Eczema

Your child has been diagnosed with Atopic Dermatitis/Atopic Eczema. Because this is a chronic condition that will wax and wane over several years, we will employ a plan that involves a treatment ladder. The ladder will have five different levels:

**Level 1.** When your child's skin is in good condition or clear, a moisturizer should be employed on a daily basis. The moisturizer should be applied after bathing. Gently pat the skin dry and liberally apply the moisturizer. The moisturizer we recommend is:

- Vaniply ointment\*
- Vanicream\*
- Vaseline/White Petrolatum\*

**Level 2.** To manage a mild flare of your child's Atopic Dermatitis/Atopic Eczema, we recommend applying twice daily for seven days one of the topical medications:

- Over the counter topical plain hydrocortisone ointment (Cortaid ointment) or vanicream HC\*
- Elidel cream (pimecrolimus)
- Protopic ointment (tacrolimus) 0.03% or 0.1%

**Level 3.** When your child has a mild to moderate flare that is not being controlled with the level 1 or level 2 above, we recommend applying the following medication twice daily to the affected areas:

- Westcort ointment (hydrocortisone valerate 0.2%)
- Westcort cream (hydrocortisone valerate 0.2%)
- Cutivate ointment (fluticasone propionate)
- Cutivate cream (fluticasone propionate)
- Dermasmooth Body oil (fluocinolone acetonide oil 0.01% body oil)
- Dermasmooth Scalp oil (fluocinolone acetonide oil 0.01% scalp oil)

Be sure not to apply these medications on the groin, the face or under the arms unless recommended by a Doctor.

**Level 4.** When your child has a moderate to severe breakout, we recommend applying Triamcinolone Ointment 0.1% twice daily to the affected areas for 7 days. It is best to stick with the Level 1, 2, 3 topicals in the groin area, under the arms and face at this stage. In addition to the medications outlined above, your physician may also prescribe an antibiotic to decrease any secondary bacterial infection on the skin.

**Level 5.** When your child has a severe breakout of Atopic Dermatitis/Atopic Eczema, your physician will recommend a brief and/or tapering course of oral prednisone (Pediapred). In addition to the medications listed above, we may also recommend a topical antibiotic ointment such as Mupirocin or an oral antibiotic to treat any secondary bacterial skin infection. Sometimes an oral anti-itch agent is needed to comfort the child and/or assist in sleep. (hydroxyzine)

Finally, it is always recommended that a gentle nondetergent, nonsoap containing cleanser be used such as: Vanicream Cleanser\*

### Soak and Seal:

Contrary to the belief that bathing daily will dry skin, bathing should be done every day, bathing (soaking) and applying prescribed medications or moisturizers (sealing) is an essential part of the treatment plan. Using the Soak and Seal method within 3 minutes after bathing, allows the medication or moisturizers to absorb best.

### Other Bathing tips:

- Use Robathol bath oil\* or Aveeno colloidal oatmeal baths\* to increase skin moisturization in the bath.
- To decrease skin bacterial growth if you are prone to frequent skin infections, add 2 teaspoons of bleach to the bath tub or they can consider adding dilute white vinegar to the bath.

\*An asterisk indicates over the counter products.