

ATOPIC DERMATITIS

A. General Instructions

1. Avoid excessive room temperature.
2. Wear light, loose clothes and bedclothes. Cotton or cotton-blend garments are preferable.
3. Use air conditioning in summer months and avoid excessive humidity.
4. Consider humidifying the air in the winter (unless allergic to dust mites).
5. Avoid summer sports that cause excessive perspiration.
6. Use non-irritating sunscreens when outdoors.

B. Bathing

1. Lukewarm soaking baths for 20-30 minutes are suggested.
2. Minimize soaping or scrubbing. We suggest _____.
3. Pat dry –never rub – with soft towel.
4. Within 3 minutes:
 Apply steroid ointment to inflamed areas
 Apply lubricant to dry skin

C. Skin lubrication

1. Lotions and creams may be irritating due to preservatives and fragrances. Lotions contain water and may be drying due to evaporation.
2. We recommend _____ be applied at least twice daily.

D. Topical Steroids

1. Apply _____ to inflamed skin on face, genitals, and skin folds.
2. Apply _____ if above medication not helpful.
Do **NOT** apply to face

E. Antihistamines.

1. Give _____ for itching.

D. Foods.

1. Avoid the following foods _____
