

Treatment

1. Skin care - Use moisturising products frequently to keep skin moist
2. Both topical and oral medication can be used to relieve symptoms
 - Antipruritic and anti-allergic medication
 - Antibiotic – anti-inflammatory and bactericidal
 - Steroid –
 - Topical steroid: commonly used in management of eczema
 - Oral steroid: only used in severe conditions

Notes for Follow-up Consultation and Medication

- Take appropriate medication on time according to doctor's instruction
- Apply correct amount of topical medication onto the affected parts with correct frequencies according to instruction
- Be aware of reactions to medications. If redness, swelling or blisters appear, stop the medication immediately and inform your doctor
- Don't take medication without doctor's instruction, nor purchase medication by yourself or use other person's medication
- Take antipruritic medication under doctor's instruction when the skin itches. Some oral antipruritic medication causes drowsiness and it would be better to be taken before bedtime



Advice to Parents

- Keep a tidy, fresh, clean and cool household
- Choose pure cotton clothing
- Avoid the excessive use of washing powder when doing laundry and make sure the washing powder has been rinsed off completely
- Don't bathe for too long. Maintain suitable water temperature and use emollient frequently to keep skin moist
- Don't choose fluffy toys. Don't keep pets nor grow flowering plants
- Keep your child relaxed and comfortable
- Maintain a balanced diet
- Always keep short nails to avoid injury to skin by scratching. When your child feels itchy, distract his/her attention
- Apply medication safely and properly, and attend follow-up medical appointment as scheduled



Eczema



Eczema

Eczema is a non-contagious skin disease. Eczema in children usually happens on the cheeks, around the lips, wrists, the inside of elbows and abdominal skin folds, etc.



Causes

The possible causes of eczema include:

- Heredity
- Allergens such as dust, wool, , hair and skin scrapes from pets
- Food proteins such as eggs, seafood, dairy products, beef, peanuts



Symptoms

- Itchy skin
- Dry skin with redness and swelling and blisters
- Cracked blisters, weeping skin
- Scab and desquamation
- Skin thickening, scaling and lichenification at affected areas
- Infection caused by bacteria at affected areas
- Other allergic conditions such as allergic rhinitis, asthma

General Care

Bathing

- Don't bathe for too long
- Don't bathe with very hot water. Use water of a mild temperature
- Don't scrub the skin too hard with a towel or a sponge when bathing to avoid skin irritation
- Avoid using soap, perfumed cleansing agent or disinfectant for bathing. Use a soap substitute and emollient as advised by your doctor to moisturise skin



Clothes

- Choose clothes made from pure cotton which absorbs sweat and keeps you dry
- Avoid direct contact of the skin with woollen sweater or flannel coat by wearing cotton underclothes
- Avoid the use of excessive washing powder when doing laundry and make sure the washing powder has been rinsed off completely



Dietary habit

- Avoid food which have caused allergic reactions before
- Pay attention to nutrition balance to improve body immunity



Household environment

- Always keep your home clean, avoid accumulation of dust
- Don't use carpet, upholstered sofa or fluffy toys
- Don't keep hairy pets or grow flowering plants
- Avoid polluted and dusty environment
- Maintain a cool indoor temperature to prevent sweating



Outdoor activities

- Avoid doing outdoor activities under strong sunshine to prevent skin irritation caused by excessive sweating
- Always prepare a towel to wipe away the sweat in hot weather or when doing exercise
- Bathe after exercise as soon as possible



Psychosocial aspect

- Children may feel embarrassed or even be excluded by schoolmates due to a red and blotchy face. Parents should be understanding and explain patiently to them that eczema is not contagious. They should encourage their children to accept their condition and participate in social activities as usual
- Parents can also explain to the teachers so that teachers and schoolmates understand the condition of their child so as to maintain normal social activities
- Keep a relaxed and cheerful mood as far as possible. Avoid excessive anxiety