ECZEMA ACTION PLAN & PRESCRIPTION

PHYSICIAN: Initial beside selected orders.
PHARMACIST: Fill medications as directed by physician.

The Prescribed Cream should only be applied to affected areas.

ECZEMA UNDER GOOD CONTROL:

To Control At Risk Areas Apply Medicated Creams On and Off:
- For one month
- Protopic® two-three times a week
- Desonide 0.05% two times a week

Apply Moist Cream:
- At least two times a day

Bathe:
- Daily
- Pat dry

If Needed

ECZEMA FLARE-UP:
Continue Eczema under good control measures (above)

FACE, NECK, ARMPITS, AND/OR GROIN:
- Desonide 0.05% ointment
two times a day
- Protopic® ointment
two times a day
- 0.03% 0.1%
- Other: ___________________________ M: __________ R: 3

Body (arms, legs, hands, feet and torso):
- Use same prescription as Face
- Betamethasone valerate 0.1% ointment
two times a day
- Other: ___________________________ M: __________ R: 3

ECZEMA OUT OF CONTROL:
Continue Eczema under good control measures (above) and go see your doctor if your/your child’s eczema does not get better within 5-7 days.

FACE, NECK, ARMPITS, AND/OR GROIN:
- Betamethasone valerate 0.1% ointment*
two times a day
- Other: ___________________________ M: __________ R: 3

Body (arms, legs, hands, feet and torso):
- Use same prescription as Face
- Clobetasol propionate 0.05% ointment*
two times a day
- Other: ___________________________ M: __________ R: 3

*NO MORE THAN 14 out of 21 DAYS

ADDITIONAL MEASURES:

Sleep:
- Hydroxyzine (Atarax®)
  0.3-1mg/kg/dose = ___ ___ mg at bedtime
- Dihydramine
  1mg/kg/dose = ___ ___ mg at bedtime

M: 200mL R: 3

Infection Control:
- Mupirocin ointment two times a day
- Cephalexin suspension _________ mg
  (17 mg/kg/dose, max 2 g/day)
  three times a day by mouth
- Other: ___________________________ M: __________ R: 3

M: 30g R: 3
M: 14 days R: 0

Follow up with the dermatologist in ___ weeks ___ months

Physician: ___________________ License #: ________ Signature: __________________ Date: (dd/mm/yyyy)
Eczema (or Atopic Dermatitis) can be long-lasting and can get worse at times. This is normal. Many children may outgrow eczema, but often not until after age 10.

1. **Bathe:** Daily for less than 10 minutes and pat dry. **Right after bathing,** apply prescribed treatment, then moisturize.

   - Use mild soap:
     - Dove® sensitive skin beauty bar
     - Aveeno® for dry skin bar
     - Other: ________________

2. **Treat:** Before touching the prescribed cream, wash your hands. Covering the tip of an adult’s finger is enough to treat an area equal to an adult palm.

   - Scoop
   - 1 Adult Fingertip
   - Area of Adult Palm

3. **Moisturize / Apply Moist Cream:** At least two times a day, put cream all over your / your child’s body

   - Suggested Cream:
     - Glaxol Base®
     - CeraVe® Cream
     - Clinderm®
     - Petroleum jelly
     - Aveeno Eczema Care®
     - Other: ________________

**Avoid Triggers and Irritants:**
- Heat/Humid Air
- Wool
- Dry Skin

**Infection Control - Bleach Bath:** Soak for less than 10 minutes and rinse. **Right after bathing,** apply medication, then apply moist cream.

- 4 tbsp Bleach in Half Tub of Water
- Soak for less than 10 minutes
- Scoop
- Prescription
- Treat (Step 2)
- Apply Moist Cream (Step 3)

If Needed