Atopic Dermatitis Personalized Management Plan

Patient Name: ____________________________________________________  Date: ______________________________
Healthcare provider: _______________________________________________  Phone number: ______________________

Atopic Dermatitis (AD) – Key points

- SKIN INFECTION is a common cause of flares.
  - Crusting, oozing, pain, clothes sticking = bacterial infection.
  - See your physician as antibiotics may be required.
  - Groups of little fluid filled blisters = herpes virus infection.
    - Uncommon, but seek urgent medical attention.

- ANTISEPTICS (for hands and in the bath) can help to prevent bacterial infection.

- FOOD ALLERGIES causing AD?
  - Mainly infants and young children. The majority will outgrow their food allergies.
  - Uncommon in older children and adults.

- ANTIHISTAMINES do NOT reduce the itch of AD. Some brands may be used to help a child fall asleep, or to treat hives (urticaria).

In the below areas list the items and medications your healthcare provider recommended.

COTTON OR SILK THERAPEUTIC CLOTHES / UNDERGARMENTS

MOISTURIZER
For use on face: ___________________________________
For use on body/limbs: _____________________________

TOPICAL ANTISEPTICS
For use on hands: _________________________________
For use in bath: ___________________________________

ORAL MEDICATION
Antibiotics: ___________________________________________________________________________________________
Immunosuppresants: _____________________________________________________________________________________

OKAY DAY
STEROID / CALCINEURIN INHIBITOR
For use on face: _________________________
For use on body/limbs: ___________________

FLARE
STEROID / CALCINEURIN INHIBITOR
For use on face: _________________________
For use on body/limbs: ___________________

Leaky skin barrier is a common problem
- Irritants get in → itching and redness
- Water leaks out → dryness

Moisturizers improve the skin barrier. Pick one or two you like. Apply at least four times a day.

COTTON or SILK UNDERGARMENTS also help to protect the skin from irritation.

Steroids & calcineurin-inhibitors (Tacrolimus / Pimecrolimus) ointments and creams reduce itch and redness
Steroids come in different strengths:
- Mild e.g. 1% hydrocortisone ointment—cause few side-effects. Can be applied for many weeks or months to body and face.
- More potent—should only be used for up to two weeks at a time to control flares (unless directed otherwise by your physician). They can be used on the body but should be avoided on the face.

Apply once or twice a day as directed, 30 minutes before moisturizers to improve absorption.

This information is for general purposes and is not intended to replace the advice of a qualified health professional.
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