Atopic Dermatitis Personalized Management Plan

Patient Name: ____________________________ Date: ____________________

Healthcare provider: ______________________ Phone number: ____________________

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

COTTON THERAPEUTIC CLOTHES / UNDERGARMENTS

MOISTURIZER
For use on face: ____________________________
For use on body/limbs: ______________________

TOPICAL ANTI SEPTICS
For use on hands: ____________________________
For use in bath: ____________________________

ORAL MEDICATION
Antibiotics: ________________________________
Immunosuppressants: ________________________

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: ______________________

Atopic Dermatitis (AD) – Key points

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 / PIMECRO-LIMUS) 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.

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.

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

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