

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 ANTISEPTICS

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.

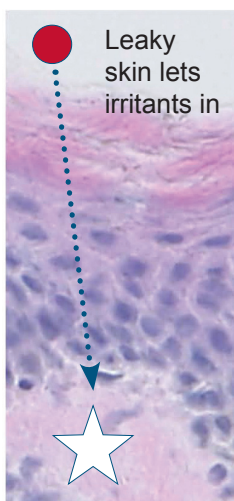
COTTON or SILK UNDERGARMENTS also help to protect the skin from irritation.

STEROIDS & CALCINEURIN-INHIBITORS (TACROLIMUS / 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.



Leaky skin lets irritants in

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).



Bacterial infection-*impetigo*



Herpes virus skin infection