

# Atopic Dermatitis

## Treatment plan

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### Moisturizers and ointments

It is important for your child with atopic dermatitis to use moisturizers daily. Medicated ointments (such as topical steroids) also help, but they can cause problems if you use them too much. Do not use topical steroids for more than about 2 weeks at a time. Stop using the medicated ointment when the rash goes away. If the rash comes back, it is usually OK to use the ointment again. **Always have your child use moisturizer all over immediately after every bath or shower and several times throughout the day.** Check with your child's healthcare provider first before giving any type of ointment to your child.

1. Have your child take a shower or bath with lukewarm water for 5 to 15 minutes. Have them use gentle soap, like fragrance-free Dove or Cetaphil. Soap should only be used where needed and not all over the body. Avoid perfumed soaps or bubble bath.
2. After the shower or bath, pat skin dry and put on medicated ointments and moisturizers within 2 to 3 minutes.
3. Only put medicated ointment on the itchy, rough, red or dark colored areas on your child's body, and rub it in well. Ointments may be applied 1 or 2 times each day as needed, such as after bathing and 1 other time a day. Rub on only a thin layer of the medicated ointment. Your child's doctor or nurse will write in below what kind of ointment to use on what parts of your child's body.
4. While your child's skin is still damp and after applying the medicated ointments, quickly apply a moisturizer over areas you don't use medication on your child's skin. Some examples of moisturizers to use are Vaseline or petroleum jelly, Aquaphor, Eucerin cream, Cetaphil cream, CeraVe cream or Vanicream.
5. Throughout the day, reapply moisturizer **all over, at least 2 to 3 times a day.**

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### Kinds of ointment or cream for:

Arms, legs and body:

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Face, neck, groin, and armpits:

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Scalp:

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### To Learn More

- Dermatology clinic  
206-987-2158
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### Antibiotics

Your child's doctor may have prescribed an antibiotic ointment, an oral antibiotic, or both. Follow the instructions for all of the medicines. Check with your child's healthcare provider first before giving any type of antibiotic to your child.

- Bactroban (mupirocin) 2% ointment is a medicine to put on the skin (topical antibiotic) to help with infection. Put on open or crusted areas 2 times each day. Use the medicine for 7 to 10 days as needed. If it does not help, call your child's healthcare team.
- Antibiotics that are taken by mouth (oral antibiotic) can also help with skin infection. Your child's doctor will write how much your child should take below.

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### Oral antibiotics

Name and strength of medicine:

\_\_\_\_\_  
\_\_\_\_\_

Have your child take

\_\_\_\_ teaspoons or  
\_\_\_\_ pills  
\_\_\_\_ times each day for  
\_\_\_\_ days.

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### Anti-itch medicine

Your child's doctor may have prescribed a medicine that your child can take by mouth for itching. Or, they may have recommended an over-the-counter medicine to help with itching. Check with your child's healthcare provider first before giving any type of over-the-counter medicine to your child.

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### Anti-itch medicine

Name of medicine:

- Diphenhydramine  \_\_\_\_\_
- Atarax (Hydroxyzine)  \_\_\_\_\_
- Cetirizine  \_\_\_\_\_