

特应性皮炎（湿疹）

特应性皮炎是一种常见的病症。如果您的孩子患特应性皮炎，他们的皮肤可能会干燥和发红，看起来像皮疹，并会发痒。

这是什么？

如果您的孩子患特应性皮炎，皮肤可能会发红、干燥、脱皮、发痒。如果您的孩子年龄较小，皮疹可能会出现在面部、腿部、手脚和手臂上。随着孩子长大，皮疹可能会出现在肘弯处、膝盖、手脚、颈部和面部。

皮肤会很痒，很多患者（尤其是儿童）会自己抓挠，直至出血。患者可能会难以入睡。随着时间推移，干燥、发痒的皮肤会变厚，像皮革一样硬。有时肤色会变深。

造成的原因是什么？

没有人确切地知道是什么原因造成特应性皮炎。在大多数情况下，服务提供者无法找到具体的原因。

对于大多数儿童，家中的其他人患有特应性皮炎，或者有家族过敏病史，例如哮喘或花粉热。虽然不经常发生，但有时婴儿患特应性皮炎可能与食物过敏相关，例如对牛奶或鸡蛋过敏。但这可能会很难测试。

可能会使皮炎恶化的东西

很多东西会影响症状的严重程度。所有患有特应性皮炎的儿童皮肤都很敏感和干燥。由于冬季湿度低，有些儿童冬季皮肤干燥和发痒的状况会更严重。另一些儿童在夏季因为流汗而出现更多问题。天气突然变化会造成大多数儿童皮肤发痒的状况加重。

由于患特应性皮炎的儿童皮肤敏感，请务必注意避免使用刺激性肥皂和洗涤剂。您的孩子还应当避免直接贴身穿毛制品的衣服。

特应性皮炎会感染或传染吗？

不会。您不会从别人那里感染特应性皮炎，或者通过触摸将特应性皮炎传染给他人。但是，如果您的孩子患有特应性皮炎，则很容易被感染。这称为“继发感染”。细菌性继发感染最常见，通常是因为抓挠。如果出现这种情况，您的医生可能会为您开抗生素药。

某些类型的病毒会造成更严重的问题。“唇疱疹”病毒（亦称为“单纯性疱疹”）是其中一种。如果您认为您的孩子出现这类问题，立即打电话给孩子的健康护理团队。

特应性皮炎是否能治愈？

不能，但有多种不同的治疗方法。有时，治疗这种皮炎会非常困难，并使人感到沮丧，另外还需要花很长的时间和精力。治疗的主要目标是改善皮疹状况，减少瘙痒的程度。我们可能无法让皮疹完全消失。大多数人会时好时坏。很多患特应性皮炎的儿童在学龄前病症会自然消失。但是，一些儿童会在青少年（甚至成年）阶段继续有这些问题。

如需了解进一步详情

- 皮肤科
206-987-2158
- 向您的孩子的健康护理服务提供者咨询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话
1-866-583-1527。
告诉口译员您需要通话的人的姓名或分机号码。

怎样治疗特应性皮炎？

- **在您的孩子的皮肤上涂润肤霜。**由于皮肤干燥，请务必尽量经常地涂温和的软膏或乳霜。较稠的软膏和乳霜之类的润肤霜通常比能够泵压或倒出来的乳液或类似产品更好。作用较好的润肤霜包括凡士林、Aquaphor、Eucerin 乳霜、Cetaphil 乳霜、Vanicream 或 CeraVe 乳霜。在让您的孩子使用任何类型的药膏之前，请首先向您的孩子的健康护理服务提供者洽询。
- **您的孩子的医生可能会开类固醇软膏或乳霜（可的松）。**这种药膏可以止痒、减轻红肿状况。您的孩子的医生会根据皮疹的部位和严重程度采用可的松治疗方法。如果不使用过多，可的松治疗方法是安全的。但如果使用过多，则会造成问题，因此请务必遵守您的孩子的健康护理团队的用药指示。
- **避免让您的孩子在过热或过冷的水中洗澡。**您的孩子可以每天洗澡，但最好用温水。使用温和的肥皂（例如，无香味 Dove 或 Cetaphil 温和洗涤剂）。只有在需要时才用肥皂，避免洗泡沫浴。洗澡或洗淋浴后，用毛巾将皮肤拍干，总是立即涂润肤霜。
- **避免让您的孩子接触您知道会造成皮肤发痒的物体。**这些物体可能包括肥皂、洗涤剂、某些香水、粉尘、野草、羊毛和其他类型质地粗糙的衣服。
- **让您的孩子尽量避免抓挠皮肤。**抓挠会使皮疹恶化。请务必经常为您的孩子剪短指甲。有时口服药（称为“抗组胺”，例如苯海拉明（Benadryl）或羟嗪（Atarax））能在夜间帮助止痒。有时这些药物会使您的孩子亢奋。在让您的孩子使用任何类型的抗组胺药之前，请首先向您的孩子的健康护理服务提供者洽询。
- **预防感染。**有时，您的孩子的医生会建议在您的孩子的洗澡水中添加稀释漂白剂，帮助预防感染（请参阅西雅图儿童医院的《稀释漂白剂洗澡》手册）。如果您的孩子的特应性皮炎出现感染，孩子的健康护理团队可能会为您的孩子开抗生素药。
- **如果皮疹很严重，尝试湿敷或湿睡衣疗法，帮助止痒和改善皮肤干燥状况。**让您的孩子在温水中浸泡 10 分钟。立即涂抹药膏或润肤霜。将全棉睡衣在温水中蘸一蘸，让您的孩子穿在潮湿、油腻的皮肤上。用毯子或一层干衣服将孩子包裹起来，帮助孩子保暖。您的孩子可能需要整夜湿敷或湿敷 1 到 2 小时。我们将向您提供有关您的孩子的具体指南，说明您这样做的时间和频率。如需了解有关湿敷的更多信息，请阅读我们的传单“湿敷疗法”（seattlechildrens.org/pdf/PE1911SC.pdf）。
- **尽量保持家中的温度和湿度不变。**您可能需要在夏季有一台空调机，在冬季有一台增湿器。请务必经常彻底清洁增湿器，预防霉菌生长。

Atopic Dermatitis (Eczema)

Atopic dermatitis is a common condition. If your child has it, they may get dry red skin. It looks like a rash and itches.

What is it?

If your child has atopic dermatitis, they may get red, dry, scaling, itching skin. If your child is younger, the rash may show up on the face, legs, feet, hands and arms. As they become older, the rash may show up on the bends of the elbows, knees, hands, feet, neck and face.

It itches badly, and many patients, especially children, scratch or rub themselves until they bleed. They may have a hard time sleeping.

Over time, the dry itchy skin may get thick and leathery. It may sometimes become a darker color.

What causes it?

Nobody knows exactly what causes atopic dermatitis. In most cases, providers cannot find a specific cause.

For many children, other people in the family have it, or there is a family history of allergic conditions in general, like asthma or hay fever. It does not happen very often, but sometimes atopic dermatitis in infants may be related to food allergy, such as sensitivity to milk or eggs. But this can be hard to test.

Things that can make it worse

Many things may affect how serious the condition is. All children with atopic dermatitis have sensitive and dry skin. During the winter, dryness and itchiness may be worse for some children because of the low humidity. For other children, there are more problems during the summer because sweat can make it worse. Sudden changes in temperature cause more itching for most children.

Because children with atopic dermatitis have sensitive skin, it is important to avoid using harsh soaps and detergents. Your child should also avoid wearing wool against the skin.

Is it infectious or contagious?

No. You cannot catch it from someone or give it to someone else by touching them. But if your child has atopic dermatitis, it can become infected easily. This is called “secondary infection.” Bacterial secondary infection is the most common, usually because of scratching. If this happens, your doctor may prescribe an antibiotic.

Some kinds of viruses can cause a more serious problem. The “cold sore” virus, also called herpes simplex, is one of these. If you think this has happened to your child, call your child’s healthcare team right away.

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To Learn More

- Dermatology
206-987-2158
- Ask your child’s healthcare provider
- 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.



Is there a cure for atopic dermatitis?

No, but there are many different treatments. Sometimes it can be very difficult and frustrating to treat and takes a lot of time and energy. The main goals of treatment are to improve the skin rashes and to make it itch less.

We may not be able to make the rash go away completely. Most people will have good weeks and bad weeks. Many children with atopic dermatitis outgrow the condition before school age. But some may keep having problems with it as an adolescent or even as an adult.

How is atopic dermatitis treated?

- **Use moisturizer on your child's skin.** Because the skin is dry, it is important to use mild ointments or creams as often as possible. Thicker moisturizers like ointments and creams usually work better than lotions or products that can be pumped or poured. Moisturizers that work well are Vaseline or petroleum jelly, Aquaphor, Cetaphil cream, Vanicream, or CeraVe cream. Check with your child's healthcare provider first before giving any type of ointment to your child.
- **Your child's doctor may prescribe steroid ointment or cream (cortisone).** This can help with itching, redness and swelling. Your child's doctor will prescribe cortisone treatment depending on where the rash is and how serious it is. Cortisone treatment is safe if it is not used too much. It can cause problems if it is overused, so it is very important to follow the instructions that your child's healthcare team gives to you.
- **Avoid having your child bathe in very hot or very cold water.** It is OK for your child to bathe daily, but it is best to use lukewarm water. Use a mild soap (like fragrance-free Dove or Cetaphil gentle cleansing lotion). Only use soap where it is needed and avoid bubble baths. Pat the skin dry, and always use moisturizers right away after a bath or shower.
- **Avoid having your child come into contact with things that you know cause itching.** These may include soaps, detergents, certain perfumes, Febreze, dust, grass weeds, wools and other types of scratchy clothing.
- **Have your child try to avoid scratching their skin.** Scratching makes the rash worse. It is important to keep your child's fingernails short. Sometime oral medicines called antihistamines, like diphenhydramine (Benadryl) or hydroxyzine (Atarax), can help with itching at night. Sometimes, these medicines can make young children hyper. Check with your child's healthcare provider first before giving any type of antihistamine to your child.
- **Prevent infections.** Sometimes, your child's doctor will recommend adding dilute bleach to your child's bath to help prevent infection (see the Seattle Children's handout called Dilute Bleach Baths). If your child's atopic dermatitis becomes infected, your child's healthcare team may prescribe antibiotics.

- **If the rash is very bad, try wet wraps or wet pajama therapy to help with itching and dryness.** Have your child soak in a tub of lukewarm water for 10 minutes. Rub on medicines or moisturizer right away. Dip some cotton pajamas in lukewarm water and put them over your child's wet greasy skin. Wrap your child in a blanket or a layer of dry clothes to help them stay warm. Your child may need to keep it on overnight, or for 1 to 2 hours. We will give you directions specific to your child on how long and often you to do this. To learn more about wet wraps, read our handout "Wet Wrap Therapy" seattlechildrens.org/pdf/PE1911.pdf.
- **Try to keep the temperature and humidity in the home fairly constant.** You may need an air conditioner in the summer and humidifier in the winter. It is very important that the humidifier be cleaned well and often to keep mold from growing.