





Treatment Plan for Atopic Dermatitis








A Patient Guide

Your healthcare provider recommends the following care plan.

Year-Round Skin Care

✓ if Applicable	Skin Care Regimen	Times Per Day	Duration	Notes
	 Bath: plain water, unscented soap, soak body for 15 minutes	Daily	Always	
	 Apply moisturizer to body and face while skin is still damp	After bath once a day	Always	
	 Apply pimecrolimus to atopic dermatitis (AD) areas	Twice a day	Until clear	
	 Use hydroxyzine	Bedtime	As needed	For itching

Skin Care During AD Flares

✓ if Applicable	Skin Care Regimen	Times Per Day	Duration	Notes
	 Add 1/2 cup bleach to bath water	Daily	2 weeks	
	 Apply medication as prescribed	Twice a day	2 weeks	If eczema is not improved (less red, itchy), call your healthcare provider.
	 Apply moisturizer to affected areas of body and face	After bath and several extra times per day	Always	Moisturizer should always be applied after medications.
	 Use wet wrap therapy (WWT)	2 to 24 hours, as tolerated	Several days or as directed	
	 Apply hydrocortisone 2.5% ointment to AD areas	Twice a day	14 days	Not on face
	 Apply triamcinolone 0.1% ointment to AD areas	Twice a day	14 days	Not on face
	 Use hydroxyzine	Bedtime	As needed	For itching

Wet Wrap Therapy Treatment Plan for Atopic Dermatitis

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Apply topical agent to the affected area.



Cover it with a wet first layer of tubular bandages, gauze, or cotton. For widespread areas, cover with a wet layer of pajamas, socks, or irritant-free clothing.



Add a dry second layer to the area. For widespread areas, add a dry second layer of pajamas, socks, or irritant-free clothing.



Wear the wrap for several hours and up to 24 hours at a time, depending on your tolerance.



Use for several days or according to your healthcare provider's instructions.

WWT increases penetration of the topical medicine into the skin, decreases water loss, and provides a barrier against scratching.

Behavioral Strategies

For Adults and Children



To reduce scratching:

- Apply a cool pack or cool wash cloth to itchy areas
- Distract and relax with guided imagery

For Children

- Focus on what your child can do when he is itchy to increase his sense of control
- Re-direct to hands-on activities such as drawing, blocks, or hand-held electronics
- For trigger times (story time at preschool), keep hands busy with a stress ball
- Avoid saying "no scratching" a lot as this will increase stress

For Adults and Children



To promote sleep:

- Re-apply moisturizer before bed
- Avoid use of electronics (TV, tablet) before bed
- Keep a consistent bedtime routine (bath, skincare, books, music or relaxation CD)

For Children

- Once skin health has improved, follow behavioral plan as needed to address bedtime problems or nighttime awakenings

For Children



To promote cooperation with treatment:

- Play games with skincare (draw on body with moisturizer; apply it to parent first; red-light, green-light; try to "beat your best time")
- Listen to audio book in tub for distraction
- Involve child in rubbing moisturizer in to increase control
- Praise child for participation

Environmental Strategies



To promote an irritant-free environment:

- Avoid carpeting if possible
- If home is carpeted, vacuum with a HEPA-filtered vacuum once a week
- Keep humidity at less than 50%
- Use dust mite-proof covers on bed and pillows
- Wash bedding and stuffed animals in very hot water and use a hot dryer setting
- Minimize stuffed animals and clutter in bedroom
- Avoid fragrances in home cleaning products, laundry detergent, candles, and air fresheners

Contact Us: