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A Medical Corporation

Dermatology & Dermatologic Surgery
Cosmetic & Laser Surgery

ECZEMA CARE

In controlling your eczema, remember:

1. Keep your skin well lubricated. If your skin is too dry, use a greasy cortisone salve or apply a little white petrolatum (Aquaphor Healing Ointment or Vaseline) after you rub in your cortisone cream or lotion. Using a bath oil in the tub or applying moisturizers right after lightly toweling dry will help keep your skin sufficiently moist.
2. Keep soap away from your eczema. Soap irritates and dries the skin. Persons with eczema should avoid it. When bathing or showering, use plain water and a non-soap cleanser like Cetaphil and Toleriane. Limit "soap" to your face, armpits, genital area, and feet. If you must wash your hands frequently with soap, rinse them carefully and afterward apply a creamy moisturizer.
3. Avoid overheating. Most persons with eczema find that hot weather and heavy sweating worsen their eczema. In hot weather, wear cool, loose clothing, and try to stay in air-conditioned buildings.
4. Avoid direct skin contact with wool or similar rough clothing.
5. Avoid anything that definitely aggravates your eczema. If certain creams, makeups, perfumes, and so on cause itching or irritation, don't use them.
6. It's usually possible to find a treatment routine that lets you control your eczema. Most treatments involve cortisone ointments or creams. When properly applied, these medications can be used safely for years.
7. If your eczema worsens and you can't control it, please return so we can give you a different treatment.