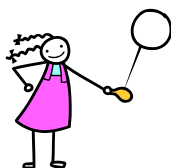


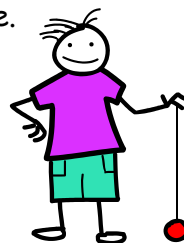
SMÖRJRÅD



When a child has eczema the skin is dry and sensitive and needs help to recover to its normal healthy way. This is why it is so important to continue to treat your child's skin every day even when the eczema is less pronounced.

Emollients

Most children with eczema have dry skin which should be treated! Try to find a cream or lotion that suits your child, keep on trying until you find one that does not sting or feel uncomfortable. For example: **Locobase**, **Miniderm** or **Propyderm**. Emollients should be applied several times every day. If the emollient is not enough to help with the dry patches, combine treatment with a steroid.



Steroids

On red patches of eczema apply for example **Hydrocortison** or **Mildison** - these belong to the group of steroids that are the weakest and thus virtually without side effects. Apply liberally morning and night until the eczema is better. Continue a few days after the eczema is gone, and then reduce the frequency or stop until the next flare.

If there are new eczema patches or persistent dry spots apply the hydrocortisone again.

It is important that you do not stop using the steroids too early. Weak steroids can be used regularly for long periods.

If the eczema does not respond, stronger steroids should be used - but more conditions apply in order to use them safely. **Locoid**, **Betnovat** and **Decubal** are stronger steroids. These are prescription drugs and should only be used on doctors or nurses orders.

For children under one year of age and whose eczema is very difficult and does not respond to hydrocortisone, one can use a stronger steroid to difficult patches twice daily for three days on the face and one week on the body.

For children over one year of age where the eczema is very difficult we recommend a stronger steroid. It should be applied to the eczema patches once daily for three or four days and then stop (until the next flare) or apply once every other day for the next week. This can be repeated twice a month or as your doctor otherwise orders. Thereafter continue with a weaker steroid and the emollients. Strong steroids should not be used on the face or on very thin skin unless specifically ordered by the doctor. Note! Keep using emollients even when steroids are being used.

You can read a lot about eczema at 1177.se also at: www.sodersjukhuset.se/eksemfilmer



General advice

Use a wash cream instead of soap.

Do not bath the child too often since it dries out the skin.

Use bath oil in the water.

Good luck and don't give up!

