



TREATMENT OF ECZEMA IN CHILDREN

STEROID CREAMS

If treating your child's eczema with a topical steroid, it is very important that you use **ONLY** steroids prescribed **FOR YOUR CHILD** by his/her provider. Not all topical steroids are suitable for use in children, or on all parts of the body.

In order to realize the maximum benefit, topical steroids should be used once or twice a day for a specified period of time (typically, two weeks), as directed by your child's provider. Steroid cream should never be applied to the same area on a daily basis for an extended period of time, as this can cause resistance to the steroid's beneficial effects and/or lead to atrophy (i.e., thinning) of the skin. The continued use of topical steroids beyond two weeks may be recommended, but at longer intervals, such as twice a day on weekends only (your child may be prescribed another medication for use on Monday thru Friday).

For eczema flares, your child's provider may allow another two week course of treatment with a steroid cream that is applied twice daily. However, this cannot be done more than once every eight weeks.

MOISTURIZE

Moisturize your child's skin twice daily with CeraVe, Aquaphor, Eucerin or another over-the-counter product recommended by your child's provider. The best time to moisturize is immediately after getting out of a bath or shower and drying off. Moisturizing at this time helps "lock" the moisture in the skin.