

Dr Glasser's Eczema Handout

Eczema is a dry allergic skin condition that runs in families along with allergies and asthma. The skin is easily irritated and dried out by water, perfumes, dyes, and other irritants like cold and heat. The eczema may flare with colds or other infections and sometimes with foods or other exposures to things that the child may be allergic to. Sometimes it flares for no apparent reason and despite all best efforts at proper skin care. That is the nature of the eczema beast. Eczematous skin is more prone to infections than normal skin. Weeping and crusting skin may be a sign of infection and requires evaluation in the office. Itching is a common symptom of eczema and scratching makes eczema worse.

To minimize skin dryness and to improve the eczema (no way to cure it at this point) stick to the following routine:

- Bathe every 2-3 days in warm but not hot water and consider getting a water softener. After getting out of the bath, towel the skin to damp not all the way dry and apply unscented Vaseline petroleum jelly or other moisturizer onto the damp skin to seal the moisture in.
- Use Aveeno baby cleanser or cetaphil cleanser for bathing and avoid Johnson's baby products which are not pH balanced.
- Use unscented Vaseline petroleum jelly or aquaphor (expensive Vaseline) as a moisturizer anywhere and anytime you see or feel the skin dry.
- Avoid lotions of any sort as their first ingredient is water and may dry the skin out more.
- Avoid perfumed products of all sorts in your soaps, laundry detergents, moisturizers etc.

Call for appointments 248-7337

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