

Additional information

.....

.....

.....

.....

.....

Your next dermatology appointment

No further follow-up needed

Follow-up appointment in

Patient initiated follow-up for

Further information:

Birmingham Women's and Children's – Eczema information video (www.bwc.nhs.uk/eczema-information-video) to access a video on how to apply emollients and topical steroids safely (English and Urdu versions)

British Association of Dermatologists leaflets (www.skinhealthinfo.org.uk) for further information on your skin condition

British Society for Paediatric and Adolescent Dermatology (BSPAD)

Patient support groups:

National eczema society – www.eczema.org

Eczema care online – www.eczemacareonline.org.uk

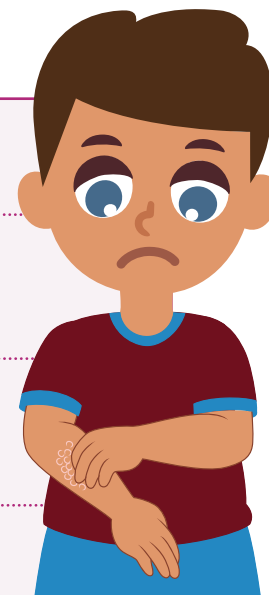
Skin Clinic Card

Children's Dermatology Team

Child's name:

Date of birth:

Hospital No:



Contact details:

Dermatology Nurses – Pauline, Miriam and Clare
Tel: 0121 424 1818

Dermatology Secretary
Tel: 0121 424 1826

Personal skin treatment plan

Date:.....

Daily bath with bath additive

Do not use bubbles in the bath, instead use:

Soap Substitute

Don't use soap or shower gel. Instead apply this all over before getting into the bath or shower

Moisturiser (Emollient). Apply at least 4-6 times daily

Day:

Night:

Treatment for scalp

Shampoo once or twice a week and rinse well

If skin looks infected

Oozing, scabbing, redness and soreness can be signs of infection. If your child has a temperature or you are concerned about them see your GP.

Active ointment (Steroid or Tacrolimus)

Steroid:

Steroids are safe, provided you follow the guidance from our team. Use twice daily on active areas (unless otherwise advised) until there is a significant improvement in the skin, then reduce down to once daily. Reduce down as advised. If eczema flares again, restart steroids as soon as possible and follow the treatment plan to prevent skin worsening.

Apply steroid 20 minutes after moisturising.

Body suits.....

Steroid:

Face

Start with:

Step down to:

Body

Start with:

Step down to:

Tacrolimus (Protopic)

Use twice daily and then reduce down as advised to twice weekly. Don't use under bandages or on large raw areas.

Face

Body, arms, legs

Wear factor 50 5* Suncream

Bandages

Antihistamines