

- Your doctor will help you to find the suitable emollient for your skin depending on how dry your skin is and if you need any further management.

Use Emollient Soap



Use Skin Emollient



Use Bath Oil Drops



- Do not forget to read the instructions on the label of your emollient.

References: _____

www.nationaleczema.org

www.eczema.org.au



Dermatology and Venereology Department



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Operational Hours: 7:00 a.m. – 3:00 p.m.

Sunday/Thursday

Patient and Family Education



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مستشفى الرميلة
Rumailah Hospital

عضو في مؤسسة حمد الطبية
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What is Eczema?

Eczema (also known as dermatitis) is an itchy inflammation of the skin occurs as a result of dryness.

It is a long lasting condition that may be accompanied by other allergic conditions like (asthma, hay fever, allergic rhinitis, allergic conjunctivitis).

Eczema affects all ages but it's primarily seen in children.

Eczema which occurs in early childhood might improve while growing up, but it may recur again later in life.

It is not an infectious disease – it isn't contagious.

It might be mild eczema (dry, scaly, red and itchy) or severe causing weeping, crustation and bleeding into the skin.



What causes Eczema?

Dry Skin



Causes

Scratching



Leads to

Eczema



Eczema develops as a result of intense scratching into a dry skin (avoid scratching).

The skin of patient with eczema has a reduction in lipid barriers which protects the skin and keeps it moist; this allows greater loss of moisture and entry of microbes and allergens.

Constant scratching causes the skin to split and leave it open to infection

Unfortunately there is no cure. However, regular moisturizing is the key to managing and controlling eczema.

HOW CAN I PREVENT ECZEMA?

By frequent moisturizing.

How can I get the best results from my moisturizers / emollients?

- Apply the moisturizers / emollients on a dampened skin (i.e. after taking shower). Also you can gently damp the skin with a small amount of water before applying the cream.
- Use moisturizers / emollients generously and regularly to improve the dryness. The more the better!
- Apply the emollient gently onto dry skin and use gentle strokes in the same direction as hair growth.
- Always wash your body using an emollient soap and avoid regular soaps, bubble baths or foaming shower gels which tend to dry and irritate the skin. If it bubbles or foams it dries the skin (bubbles are not needed to clean the skin). Please ask your doctor about the suitable kind of emollient soaps.
- Wash your body with a neutral to nearly cold water and avoid hot water.
- You can use bath oil drops added to a bath tub for more moisturizing effect.
- Do gently pat your skin with a soft towel after washing and avoid vigorous rubbing.