

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

148 EAST AVENUE, SUITE 3G NORWALK, CT 06851 (203) 838 - 4034

Atopic Dermatitis

Atopic dermatitis is a form of eczema which is a **CHRONIC** condition, characterized by an intensely itchy, red scaly rash that typically occurs in infants on the cheeks, stomach or back and the outer surfaces of the arms and legs, and in older children behind the knees and in the folds of the elbows.

The characteristic main symptom is **ITCH**

Scratching or rubbing the skin makes the rash worse - injuring the skin - worsening the itch!

Common Triggers:

Food allergy (only about 40% of the time)

Irritants (Soaps, detergents, chemicals, wool fibers)

Dust-mites, animal dander or other environmental exposures including mold spores or pollens

Temperature changes, sweating

Dry skin, Stress

Skin infection

Treatment:

Keeping the skin moisturized and well-hydrated is the cornerstone of treatment.

Daily bath (see below) Use only mild, unscented or hypo-allergenic soap (i.e.; Dove, Cetaphil, Neutrogena)

Application of medicated and non-medicated moisturizers (preferably ointments)

Avoidance of offending triggers

Dust-mite control measures

Minimize stress

Keep nails trimmed and clean

Observe for signs of infection (oozing, yellow pus or worsening of rash)

Medications that may be prescribed:

Moisturizing ointments or creams - trap water into the skin after the bath

Anti-histamines - help control itching

Topical Steroids - reduce inflammation, itching

Topical Non-steroidal creams - reduce inflammation, itching

Antibiotics - treat infection

Individual Treatment Plan

Bath in warm water 15-20 minutes, pat skin dry (do not rub)

Within 3 minutes, **apply:** _____

Then apply: _____

Other instructions: