



Skin Care World

TOP PATIENT TIPS FOR ECZEMA SKINCARE

- + Complete Emollient Therapy is the use of an emollient as a moisturiser, soap substitute and bath additive, to aid moisture retention and help minimise eczema flare-ups. EPADERM, developed by the Royal Victoria Infirmary, is the only three-in-one emollient cream that can be used directly on the skin, in the bath and as a soap substitute.
- + Emollients are not steroids, and it is impossible to overuse them. Keep a small pot handy at all times, and continue with Complete Emollient Therapy even after the skin has improved.
- + On warm days, keep emollients in the fridge and, when travelling, transfer them to a cool bag.
- + Don't have bathwater too hot. Use a soft towel for drying, and pat dry gently.
- + After bathing, smear an emollient – such as Epaderm – onto damp skin (don't rub) in the direction of the hair growth, to reduce the risk of infecting hair follicles.
- + Chlorine in swimming pools can irritate skin. Apply emollient before and after swimming.
- + Choose cotton for clothing and bedclothes.
- + Keep house temperatures cool and ban pets from bedrooms.
- + Keep fingernails short, and file jagged edges.
- + Use 'distraction tricks' to help children stop scratching: making patterns on the skin when applying emollient; using water misters (available from florists and supermarkets) to keep wet garments damp on hot days; making up stories and rhymes and utilising distraction toys at key 'scratching times' such as long journeys.