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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

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Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

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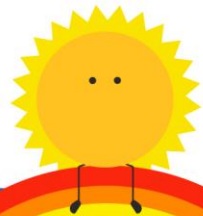
Publication date: February 2024

All our patient information leaflets are reviewed every three years.

Eczema

How to manage and treat your child's eczema

Tower Hamlets



What is Eczema?

Eczema, also known as dermatitis, is a very common chronic inflammation of the skin. Eczema is not contagious, and it can run in families.

What causes Eczema?

The exact cause of eczema is unknown. It is thought to be a combination of genes and environmental factors which trigger it. About one in five children in the UK has eczema, with most starting to get it before the age of five.

Is there a cure?

There is no cure for eczema, however with the correct treatment it can be managed. This means that your child is able to sleep, play, attend school and develop well without eczema having an impact on their life. However, this can change as the child grows older and therefore the management may need adjusting.

What are the trigger factors for eczema?

These vary from person to person but include:

- Soaps, bubble baths, detergents, and fabric softeners – which can dry out the skin. Clothes should be rinsed well after washing them.
- Sickness and infection may cause the eczema to become more inflamed, red, and angry. Antibiotics may be required to treat this. The virus responsible for cold sores can lead to infected eczema, so try to avoid direct contact with cold sores.
- Some clothes such as wool or nylon may make eczema worse. Cotton and smooth fabrics are best. Clothes can be worn inside out so seams do not irritate skin. Heat can make things worse so light and loose clothing is best.

More information and support groups



www.eczema.org

Helpline – 0800 089 1122

helpline@eczema.org

Social Media – Facebook and Instagram



The logo for YoungMinds features the word "YOUNGMINDS" in a bold, white, sans-serif font on a yellow background with a subtle texture.



When can I stop treatment?

Moisturisers and soap substitutes must not be stopped, even if the skin looks smooth and there is no visible dryness.

Topical steroids can be stopped when the rough patches of skin are smooth and no longer itchy. (Although your physician may advise to use on weekends or a few times a week).

Will my child be left with side-effects from using topical steroids?

It is normal to be concerned by side-effects however as long as the correct steroid is used to treat the correct body site for the advised length of time then steroid induced side-effects such as skin thinning, or skin colour changes are rare and, in most cases, temporary.

Why does my child's skin colour look different now the eczema is gone?

The skin sometimes will look darker or lighter; this is an effect of the inflammation that eczema causes rather than the treatment used. It may take several months for the skin to return to the original colour.

- Hot temperatures can aggravate eczema - good ventilation can prevent child from overheating.
- The best sun protection is shade and clothing, sunscreen can be used on areas without eczema. Choose cream for sensitive skin with SPF of 45+.
- Avoid freshly cut grass.
- Avoid smoking inside your home as the fumes can irritate your child's skin.
- Animal fur and contact with cats, dogs and horses can aggravate eczema.
- Food allergies: In a small number of people their eczema may be affected by some foods.
- Keeping a diary of foods and when flare-ups occur may help identify if food is a problem. It is important to remember that food allergy does not cause eczema. If your child has a food allergy, and you take that food out of their diet it will not cure their eczema, but it can help minimise flares. However, omitting food can lead to missing nutrients necessary for a child's growth and development so please only do so under the guidance of a healthcare professional.
- Exposure to house dust mites (HDM). Regular vacuuming of bedroom and damp dusting as well as regular changing of covers for pillows and mattresses may help reduce exposure. Cleaning and freezing soft toys can also kill HDM.
- Stress can at times make eczema worse and can make sufferers feel itchier.

Controlling and treating eczema:

Aims of treatment are to:

- Replace moisture loss in the skin and provide a protective waterproof barrier.
- Reduce inflammation and prevent itch.
- Improve quality of life for both child and the family.

Use of Antihistamines

Sedating antihistamines can help your child sleep and relieve itching but does not prevent or treat eczema.

Non-sedating antihistamines may help with the itch.

What is the correct treatment for my child?

Moisturisers (Emollients)

Apply the moisturiser at least twice a day at minimum all over face, body, and limbs whether the skin looks dry or not. In cold weather or with flares of eczema you may need to use the moisturiser up to six times per day. Ideally, you should use between half-full tub/bottle of moisturiser per week, depending on the size of your child.

Soap Substitute

This should be applied to your child's skin when they are being bathed. A daily bath is preferred to showers. Soak for no more than twenty minutes. The skin will be clean even though there is no lather. Pat dry skin. Do not rub.

Baths and showers

Water from the mains in London is hard, which means it contains calcium and magnesium, in very small quantities but enough to cause limescale. You may see limescale build up in your kettle, for example. Hard water can irritate your child's skin. You can dissolve your ointment and add it to bathwater to help soften and add moisture to the water. Where possible, take baths instead of showers or use softer shower settings since it is not easy to soften hard water falling from a shower.

Topical/skin cream Steroids

These usually will come in tubes like toothpaste. They also come in different strengths; use the correct strength as directed by your doctor, nurse, or skin specialist. Apply a finger-tip unit first to the affected areas, wait 15- 20 minutes before applying your moisturiser.

Use as directed by your doctor/ nurse on affected areas until skin no longer feels rough, itchy, or dry. Usually this takes 7-14 days.