Skin Clinic Card
For children, parents and carers

Name ............................................................................................................

Hospital Number ........................................................................................

Please keep this card with you. Show it to your GP and bring it to your hospital appointments.
Personal skin treatment plan

Started on .................................................................

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**Bath additive:**
Never use bubbles in the bath, which can cause skin irritation and dryness. Instead use:

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**Soap substitute:**
Don’t use soap or shower gel either, instead apply this all over before getting into the bath or shower:

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**Moisturiser (emollient):**
Regular use of a moisturiser is essential for preventing and treating eczema:

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**Treatment for scalp:**
Shampoo only once a week and rinse well (you can still use a conditioner if needed):
**Active ointment (steroid or tacrolimus):**
These are effective and safe, providing you follow the instructions. Use once a day, when skin is inflamed. You may be advised to use the active ointment regularly to prevent flares – this is known as ‘proactive treatment’.

**Corticosteroid:**
Face:

Arms, legs, body:

**Tacrolimus (Protopic™):** Don’t use this under bandages, in direct sunshine, or on large raw areas.

**Other treatments:** e.g. Dilute bleach baths, Hibiscrub, bandages, antihistamines:

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**What to use if the skin looks infected:**
Oozing, scabbing, redness, small blisters and soreness can be signs of infection. The cold sore virus can cause complications in eczema, which can cause sores. If you are concerned or your child has a temperature and is unwell, take them to see their GP.

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**WARNING:**
Skin products containing white soft paraffin and emulsifying ointment can easily catch fire with a naked flame or cigarette.
Information for parents and children

Appointments

Your child will either be given a specific appointment date or a suspended (open) appointment.

If you are unable to keep an appointment, please let us know as soon as possible, so that we can offer the time to someone else.

Specific appointment date:

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<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Clinic</th>
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Suspended appointment

You have been given a suspended or ‘open’ appointment which lasts for ................. months.

This means that you have not been given a definite time to return to the skin clinic, but if your child’s skin doesn’t improve or gets worse you can book a further appointment.

Your child will remain as a patient under our care until the end of this ‘open’ appointment.

Please telephone us if you need any further advice.
Secretary to Dermatology Consultant: 01865 228 224
Paediatric Dermatology Nurse: 01865 228 226

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