

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

Bath additive:

Never use bubbles in the bath, instead use:

Soap substitute:

Don't use soap or shower gel, instead apply this all over before getting into the bath or shower:

Moisturiser (emollient):

Regular use of a moisturiser is essential for preventing and treating eczema:

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 provided you follow the instructions. Use no more than twice a day, only when skin is inflamed.

Steroid:

Face:

Arms, legs, body:

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

'Proactive treatment' Using active treatments regularly to reduce and prevent flares.

Please see our useful leaflet 'Get control, Keep control' for further information.

Other treatments: e.g. bandages, antihistamines:

What to use if the skin looks infected:

Oozing, scabbing, redness and soreness can be signs of infection. If your child has these symptoms or a temperature and is unwell, take them to see their GP.

WARNING:

Skin products containing white soft paraffin and emulsifying ointment are easily ignited with a naked flame or cigarette.

Information for parents and children

Appointments

You 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:

Date	Day	Time	Clinic

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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www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

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