

# 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, instead use:

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### **Soap substitute:**

Don't use soap or shower gel, 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 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.

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**Other treatments:** e.g. bandages, antihistamines:

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### **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.

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### **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](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)

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