



Oxford University Hospitals
NHS Foundation Trust

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

General information

Many people find one cream or ointment which is suitable for using as both a soap substitute and a moisturiser. This depends on personal preference and skin type. Avoid anything which makes bubbles or smells of fragrance.

The simplest regime is to use the soap substitute to wash, then let the skin dry before applying active treatment (corticosteroid or protopic) around 15- 20 minutes later. Swimming should generally be encouraged and can actually help keep the skin clean and free from infection.

Soap substitute

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

Moisturiser (emollient)

Regular use of a moisturiser is important for preventing and treating eczema.

However, these usually do not need to be used more than 2-3 times a day. Overusing moisturisers can cause skin problems.

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, as long as you follow the instructions given to you in Dermatology.

Use daily when skin is inflamed or has flared up, for up to 14 days.

You may be advised to continue with 'proactive treatment', which involves regularly using active ointments on flare-prone areas to help reduce or prevent flares. We will give you our leaflet 'Get control, Keep control' to explain this further.

Face:

Arms, legs, body:

Other:

Do not use tacrolimus under bandages, if skin appears infected or on large raw areas.

Other treatments: e.g. cleansing baths

What to use if the skin looks infected

Oozing, scabbing, redness, small blisters and soreness can be signs of infection. Some viruses (such as the cold-sore virus, herpes simplex) can cause complications with eczema and should be treated urgently.

If you are concerned or your child has a high temperature and is unwell, please see your GP.

WARNING:

Skin products containing white soft paraffin and emulsifying ointment can easily catch fire with a naked flame or cigarette.

Appointments

Your child will be either be given a follow-up appointment for review, or a suspended or 'open' appointment, which lasts for a year. They will remain under our care until the end of this period.

You can also telephone us for advice.

The phone numbers you may need are:

Secretary to Dermatology Consultant Tel: 01865 228 224

Paediatric Dermatology Nurse Tel: 01865 228 226

