

# Pediatric Atopic Dermatitis Online Education



## Key Takeaways



For children with more than mild eczema, **scheduling follow up** in 4-8 weeks is recommended as it provides the opportunity to assess improvement, as well as to reinforce the importance of routine skin care.



Topical steroids are safe and elective when used properly. Most patients need more steroids than are commonly prescribed; consider prescribing larger volumes. Remind patients to apply **1 fingertip unit** of topical steroids to patches of active eczema.



**Patient education** is integral to improving long-term health outcomes. Please reinforce the points below.



While **food allergies** occur more commonly in children with atopic dermatitis, they do not cause it.



**Unnecessary food avoidance** can actually increase the development of food allergies.

Lynde CW, Bergman J, Fiorillo L, et al. Clinical Insights About Topical Treatment of Mild-to-Moderate Pediatric and Adult Atopic Dermatitis. *Journal of cutaneous medicine and surgery*. 2019;23:3S-13S. <https://pubmed.ncbi.nlm.nih.gov/30965012>