

Atopic Dermatitis Action Plan

Patient's name: _____ Doctor's name: _____ Date: _____



The Atopic Dermatitis action plan provides parents and caregivers with clear and easy-to-follow recommendations for your child's personalized treatment plan.

1. **Green** = Routine gentle daily skin care
2. **Yellow** = Mild-moderate flares
3. **Red** = Severe flares or significant impairment to quality of life



Green (Maintenance) - Routine gentle daily skin care

1. Take a warm (not hot) 5 to 10-minute bath or shower every 1-2 days. Use a gentle cleanser and pat skin dry with a towel.
2. Apply moisturizer to the entire body, ideally within minutes of bathing, at least 1-2 times daily even without water exposure.
3. Avoid triggers, including fragrant cleansers, laundry detergents, fabric softeners/dryer sheets, harsh soaps, scratchy fabrics (e.g. wool), saliva, overheating, and sweating.
4. Watch for signs of flares, including red, itchy, dry, and flaking areas of skin.



Yellow (Caution) – Mild-moderate flares

1. Continue routine gentle daily skin care (**Green Zone**) as above.
2. Apply the topical anti-inflammatory therapy _____ twice per day to the mildly red and itchy areas on the face and body BEFORE applying a moisturizer.
3. Apply the topical anti-inflammatory therapy _____ twice per day to the moderately red and itchy areas on the body BEFORE applying a moisturizer.
4. If recommended by your health care provider, you can use _____ all over in place of moisturizer 1-2 times daily for mild background eczema.
5. If in the **Yellow Zone** more frequently than every 2 weeks, begin intermittent maintenance therapy by applying active treatment twice per week in addition to **Green Zone** treatment.
6. While in the **Yellow Zone**, continue therapy until the flare resolves, which can take several weeks. If there is no improvement despite consistently using appropriate treatment, you may need to see a health care provider to adapt your care plan.



Red (Attention) - Severe flares or significant impairment to quality of life

Continue routine gentle daily skin care (**Green Zone**) and medications for mild-moderate flares (**Yellow Zone**) as above.

1. Apply the topical anti-inflammatory therapy _____ twice per day to severe areas on the body (not on face; OK to apply to open skin) BEFORE applying a moisturizer.
2. Apply _____ all over for full body flares until the flare resolves, which can take several weeks.
3. Trial dilute bleach baths.
4. Trial wet wraps.
5. If in the **Red Zone** for several weeks while consistently using appropriate treatment, you may need to see a health care provider to adapt your care plan. Advanced therapies such as phototherapy, oral or injected medication may be considered.

Contact a health care provider if there are fever, pus, or other signs of infection or a significant impact on quality of life (i.e. difficulty attending school, sleeping, concentrating).



How much topical corticosteroid should be applied?

One fingertip unit (FTU) is the amount of topical corticosteroid from the fingertip to the first bend in the finger. This amount will generally cover an area equal to two palms.



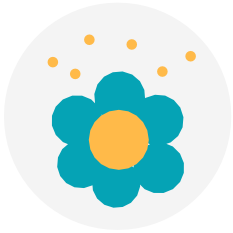
Watch out for signs of infections!

Some signs of infections can include: honey-crusted discharge, weeping, and pus.

Atopic Dermatitis Triggers

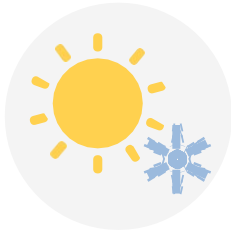
Triggers vary from patient to patient and when possible, should be avoided.

It is important to note that even when triggers are strictly avoided, flares can still occur.



Environmental allergies

Dust mites, pollen, contact allergens



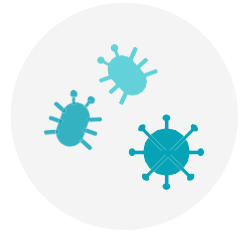
Climate

Low humidity, extreme heat, or coldness



Irritants

Wool/rough fabrics, saliva, sweat, harsh soaps, detergents, fabric softeners/dryer sheets



Infections

Cutaneous (e.g. S.aureus, molluscum) or systemic (e.g. URTI)

Dilute bleach bath instructions

Dilute bleach baths using $\frac{1}{2}$ cup bleach* (sodium hypochlorite) per full bath, or $\frac{1}{4}$ cup bleach per half-full bath, twice weekly. Patients should soak for 5 to 10 minutes and rinse off before applying a liberal amount of moisturizer.

*Store out of children's reach and use a child-proof bleach cap.



Wet wraps

Apply a topical corticosteroid (can be diluted), followed by an inner wet layer and outer dry layer of cotton gauze or garments. Leave on for 30 minutes to overnight. If eczema worsens while using wet wraps, the child should be seen by a health care provider the same day.

Wet Wraps

Step 1



Step 2



Step 3

