

Contact Dermatitis/Atopic Eczema/Dry Skin

Follow-up Advice	Advise if symptoms do not start to resolve within 7 days to make an appointment to see a GP
Counselling Points	<ul style="list-style-type: none">• Avoid scratching (if possible), keep nails short (use anti-scratch mittens in babies) and rub with fingers to alleviate itch• Avoid trigger factors known to exacerbate eczema such as clothing (do not wear synthetic fibres), soaps or detergents (use emollient substitutes), animals, and heat (keep rooms cool)• Provide education on the correct use of emollients and steroids: advise to apply the emollient first, wait 30 minutes before applying the topical corticosteroid. Also advise on the use of fingertip units.• Do not use hydrocortisone for more than 7 days• Advise to use the emollient even if the condition improves