

Dermatology 4088514650
Kaiser Permanente Northern California Region
Santa Clara

Treatment for Eczema

1. Eczema patients have an excess of histamines in the skin. They must be on an oral antihistamine at night to help stop the itching. Once the itching is controlled, the topical medications will allow the skin to heal. A commonly used antihistamine is oral Benedryl which is available over the counter. Alternatively, your provider may prescribe a different oral antihistamine.
2. Another important factor to aid with healing is to increase the level of moisture in the skin. Only sweaty areas such as the armpits and groins and private areas need soap. The other areas such as the arms and legs do not need to be cleaned with soap. Plain water will suffice. You can choose from any of these gentle soaps: Dove, Cetaphil, Aveeno, Aquanil.
3. Avoid hot water. Use lukewarm water with shower or bath.
4. Take showers/baths at most once per day, and limit to 5 minutes duration.
5. Pat dry with cotton towel, leaving your skin damp.
6. Immediately apply moisturizer all over your body: Cetaphil Cream, Vaseline Petroleum Jelly.
7. Reapply moisturizer 2-3 times per day.
8. Wear 100% cotton loose clothing.
9. Please avoid fragrance. Use fragrance free products only.
10. Occasionally the skin becomes infected with bacteria and antibiotic treatment is needed to help heal the skin.