

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 daily or every other day. A gentle cleanser can be used before gently patting dry with a towel.
2. Follow by a liberal application of a moisturizer to the entire body, ideally within minutes of bathing, and at least 1-2 times a day even without water exposure.
3. Avoid triggers including: fragrant cleansers, laundry detergents, fabric softeners/dryer sheets, harsh soaps, scratchy fabrics (E.g. wool), saliva, and 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: hydrocortisone / or tacrolimus / or _____ once or twice per day to mildly red and itchy areas on the **face and body BEFORE** applying a moisturizer.
3. Apply the topical anti-inflammatory: betamethasone / or mometasone/ or tacrolimus / or _____ once or twice per day to moderately red and itchy areas on the **body BEFORE** applying a moisturizer.
4. If in the **Yellow Zone** for more than 1-2 consecutive weeks, you may need to see a physician every few months
5. If in the **Yellow Zone** for more frequently than every 2 weeks, apply active treatment twice per week in addition to **Green Zone** treatment.



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

1. Apply the topical anti-inflammatory: mometasone/or betamethasone / or clobetasol / or tacrolimus / or _____ 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 2 weeks for full body flares.
3. Trial dilute bleach baths.
4. Trial wet wraps.
5. If in the **Red Zone** for more than 1-2 consecutive weeks, you may need to see a physician. Light therapy, methotrexate, cyclosporin, and dupilumab may be considered.

Contact a physician if the above treatments are not working, if there is fever, pus, or other signs of infection, and/or if there is a significant impact on quality of life (i.e. difficulty attending school, sleeping, concentrating, etc.)



How much topical corticosteroid should be applied?

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

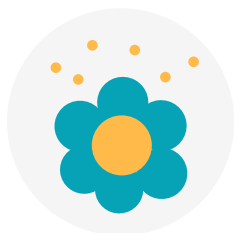


Watch out for signs of infections!

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

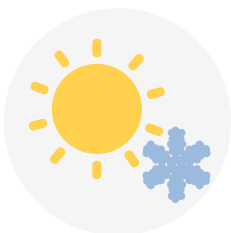
Atopic Dermatitis Triggers

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



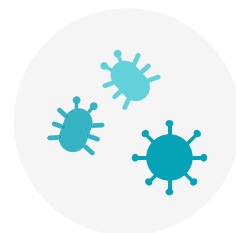
Climate

Low humidity, extreme heat, or coldness



Irritants

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



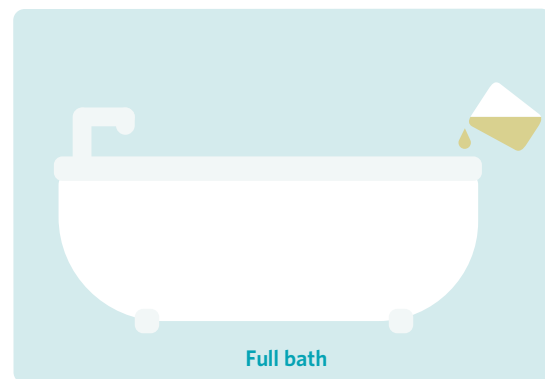
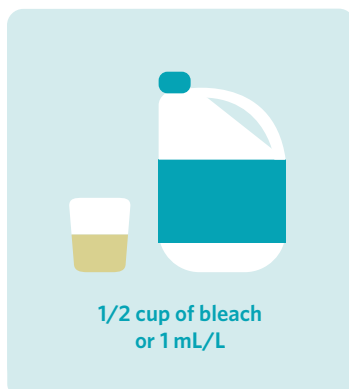
Infections

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 1 mL/L 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

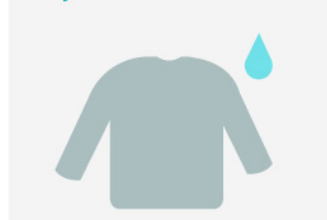
Apply a topical corticosteroid (can be diluted), followed by an inner wet layer and outer dry layer of cotton gauze or garments. Leave on for 30 minutes to overnight. If eczema worsens while using wet wraps, the child should be seen by a physician the same day.

Wet Wraps

Step 1



Step 2



Step 3

