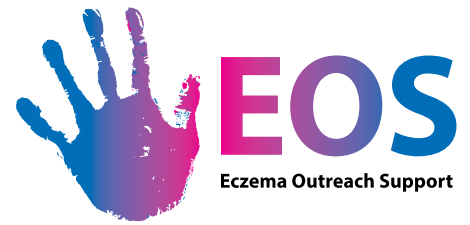


Common treatments for eczema














Finding a treatment plan that works for your child can be a process of trial and error. Your treatment will always include an emollient (moisturiser) and may often include a topical steroid. There are lots of options for both and this leaflet gives you some examples of the range of emollients available and the different strengths of topical steroids.

Emollients (moisturisers)

Emollients are moisturisers and are an essential daily treatment for eczema. They should be used as prescribed (often several times a day) on all areas of skin, even when the eczema has cleared. They can be used for moisturising, washing and bathing. Your child should be prescribed emollients in large quantities (at least 250 g per week) and if they don't like a particular emollient or it irritates their skin, you should be offered a different one. The best emollient is the one your child accepts.

Accessing emollients on prescription may depend on where you live in the UK. This is not an exhaustive list, there are many more available and EOS don't endorse any particular brand.

Type of emollient (moisturiser)	Example brands		
Lotion Lotions are very thin moisturisers that cool the skin but aren't particularly effective at moisturising dry skin.	 Aveeno lotion	 QV lotion	 E45 lotion
Cream Creams are very often part of an eczema treatment plan. They are better for moisturising dry skin than a lotion and don't leave the skin looking too shiny. They need to be applied regularly to keep the skin moisturised.	 Zerobase cream	 Cetraben cream	 Diprobace cream
	 Epaderm cream	 Hydromol cream	 Oilatum cream
	 QV cream	 Aveeno cream	



Gels

They are relatively light and don't leave the skin looking too shiny.



Doublebase gel



Doublebase Dayleve gel

Spray

Emollient sprays can be helpful if children don't like creams being applied by hand and for children trying to apply emollient themselves.



Emollin spray



Dermamist spray

Ointment

Ointments are thick and greasy but are the best emollient for moisturising very dry skin. However, they are more difficult to use and leave the skin looking shiny.

Important: use a spoon to scoop the ointment out of the tub because using your hands can contaminate the pot and lead to skin infections.

Fire hazard: keep ointments away from flames



Diprobase ointment



Epaderm ointment



Hydromol ointment



50/50



QV intensive ointment



Zeroderm ointment

Topical steroids

'Topical' means that something is applied to the skin. Topical steroids are treatments that reduce inflammation, and are used to control flares of eczema. They usually come as creams and ointments and are applied once a day to the areas of skin that are red and itchy. Steroids come in different strengths depending on how severe the eczema is and where it's located on your child's body. Below are some example topical steroids:

Brand name	Steroid name	Strength
Hydrocortisone	Hydrocortisone 0.5%, 1% & 2.5%; cream & ointment	Mild
Betnovate RD	Betamethasone Valerate 0.025%; cream & ointment	Moderate
Eumovate	Clobetasone Butyrate 0.05%; cream & ointment	Moderate
Elocon	Mometasone furoate 0.1%; cream & ointment	Potent
Dermovate	Clobetasol Propionate 0.05%; cream	Very potent

Your child might be prescribed a topical steroid that also tackles infection:

Brand name	Steroid name	Strength
Fucidin H	Hydrocortisone 1%; cream & ointment	Mild strength steroid & antibiotic
Trimovate	Clobetasone Butyrate 0.05%; cream	Moderate strength steroid & antibiotic & antifungal
Fucibet	Betamethasone Valerate 0.1%; cream	Potent strength steroid & antibiotic

Eczema Outreach Support is a charity that helps families across the UK deal with childhood eczema and its impact on life.

