



Oxford University Hospitals
NHS Foundation Trust

Skin Clinic Card

Name

Hospital Number

**N.B. Please keep this card with you,
show it to your GP and bring it to
your hospital appointments**

Personal skin treatment plan

Started on

General information

Many people find one product suitable to be used as both a soap substitute and a moisturiser. This depends on personal preference and skin type and can be a cream or an ointment. Avoid anything which 'bubbles' or smells of fragrance.

The simplest regime is to use a non-soap product to wash (Allow skin to dry before applying active treatment (corticosteroid or protopic) around 15 to 20 minutes later.

Swimming should generally be encouraged and can actually help keep the skin clean and free from infection.

Soap substitute

Don't use soap or shower gel, instead apply this all over before going in the bath or shower and use it to wash with:

Moisturiser (emollient)

Regular use of a moisturiser is important for preventing and treating eczema.

However *these generally do not need to be used more than 2 to 3 times daily and overuse of emollients can cause skin problems:*

Treatment for scalp

Shampoo only once a week and rinse well:

Active ointment (corticosteroid or tacrolimus)

These are effective and safe providing you follow instructions given to you in dermatology.

Use daily, when skin is inflamed/flare up for up to 14 days

You may be advised to continue with 'proactive treatment', which involves regularly using active ointments on flare-prone areas to help reduce or prevent flares. We will give you our leaflet 'Get control, Keep control' to explain this further.

Face:

Arms, legs, body:

Other:

N.B. Tacrolimus (Protopic): Don't use this under bandages, if skin appears infected or on large raw areas.

Other treatments:

What to use if the skin looks infected:

Oozing, scabbing, redness, small blisters and soreness can be signs of infection. Some viruses (for example the cold sore virus- herpes) can cause complications in eczema and should be treated urgently.

If you are concerned or your child has a temperature and is unwell, see your doctor.

Appointments

You will be either be given a follow up for review or a patient induced follow up (PIFU) appointment which lasts for a year. You will remain under our care until the end of this period.

You can also telephone us for advice.

The phone numbers you may need are:

Dermatology Secretary: 01865 228 224

Paediatric Dermatology Nurse: 01865 228 226

