Treatment Plan for Atopic Dermatitis

For rash

Apply __________________________ to affected areas of the BODY ____ times a day.

Apply __________________________ to affected areas of the FACE ____ times a day.

Apply __________________________ to affected areas of the SCALP ____ times a day.

For itch

At bedtime: Medicine: _____________
              Dose: __________________

During the day: Medicine: ___________
                Dose: ________________

If infection is present

Medicine: _________________
          Dose: ________________

Bleach baths are recommended for 20 minutes a day, ________ times a week.

Prepare by pouring 1/4 cup of bleach in a full bath of lukewarm water.

Moisturizers for dry skin

Apply __________________________ to all areas of the BODY and FACE affected by the rash ____ times a day. When the rash has resolved, continue to apply this moisturizer.

* Apply the prescription ointments BEFORE applying moisturizers.*

Notes from your doctor:

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