
Atopic Dermatitis (Eczema)

Treatment will depend on your symptoms, age, and general health, as well as how severe your condition is. There is no cure. The goals of treatment are to reduce itching and skin inflammation, keep the skin lubricated, and prevent infection.

Steroid Creams or Ointments

These are applied to the skin to ease inflammation, itching, and swelling. Many topical steroids are available in different strengths. If overused, they can cause skin thinning and discoloration, but are safe when used within guidelines. Ointments tend to be stronger and more moisturizing than creams, but can feel greasy.

- **Low potency:** _____ — safe on face/armpits/groin for up to 3 weeks at a time, followed by 1 week of rest.
- **Mid potency:** _____ — safe on larger areas of the body twice daily for up to 3 weeks, followed by 1 week of rest.
- **High potency:** _____ — for difficult-to-treat smaller areas of the body. Use for up to 3 weeks followed by 1 week of rest.

Topical Calcineurin Inhibitors

Non-steroidal medicines that stop a part of the immune response that causes atopic dermatitis. These do not carry the risk of thinning the skin and can be used in sensitive areas. May cause a burning sensation when applied to inflamed areas — this is a known side effect, not an allergy.

- Your provider has ordered: _____ — apply to affected areas twice daily as needed.

Topical PDE4 Inhibitor

This medicine blocks an enzyme that plays a role in causing inflammation. It can be applied twice a day.

- Your provider has ordered: _____ — apply to affected areas twice daily.

Ultraviolet (UV) Light Therapy

Light therapy uses UV light of certain wavelengths to target the immune system and stop the responses that lead to inflammation. Phototherapy may be used along with other treatments. There are risks and benefits — discuss with your provider.

Systemic Therapies

When eczema is not adequately controlled with the above therapies, oral and injectable therapies are available. Discuss risks and benefits with your provider.