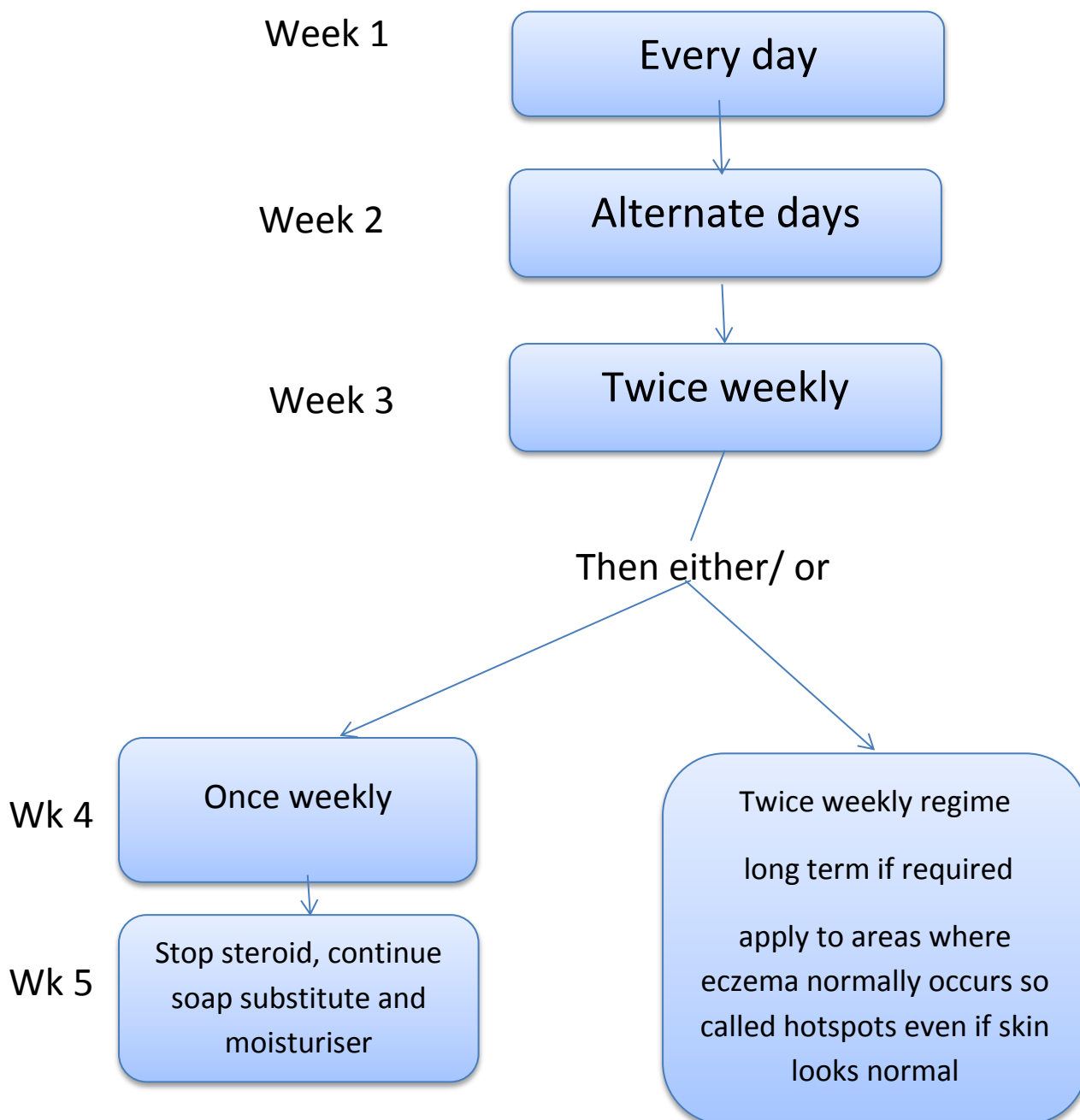


TOPICAL STEROIDS

(1 fingertip = 2 palms) to areas that are dry red and itchy. Always use soap substitute and regular emollients even when eczema clears



if your skin flares as you descend the ladder start back at week 1 again , if this happens repeatedly despite twice weekly regime then seek medical advise

Websites for eczema – PCDS, DermNetNZ, BAD, National Eczema Society