

KENNETH BEER MD PA
Surgical, Esthetic & General Dermatology Center
Kenneth Beer, M.D. Hillary Oakley, PA-C
Eczema Treatment Instructions

Treatment for the body (excluding neck, underarms, and groin)

Triamcinolone ointment/cream 0.1% _____
Hydrocortisone ointment/cream 2.5% _____
Hydrocortisone ointment/cream 1% _____
Dermasmothe Oil _____
Other _____

Treatment for face (also neck, underarms, and groin if needed)

Hydrocortisone ointment/cream 1% _____
Protopic ointment _____
Elidel 1% cream _____
Dermasmothe oil _____
Other _____

Antibiotic (topical or oral)

Bactroban/mupirocin ointment _____
Keflex/cephalexin _____
Other _____

Anti-histamine

Benadryl _____
Atarax/hydroxyzine _____
Zyrtec/cetirizine _____
Other _____

Moisturizer (at least twice daily and after bathing over damp skin)

Aquaphor ointment _____
CeraVe cream _____
Theraplex Hydrolotion _____

Soaps/Shampoo

Dove Fragrance Free _____
Aveeno Baby Wash (navy and tan bottle) _____
CeraVe cleansing lotion _____
Free and clear shampoo _____
Other _____

Bathing instructions

Shorter, warm water baths _____
No soap or bubbles in the water _____
Add ½ cup of bleach to full tub weekly _____
Apply moisturizer on damp skin after bathing _____
Other _____

Other

Detergent (Tide Free or All Free) _____
Keep fingernails short _____
Avoid tomato sauce (it has lots of fragrance) _____
Avoid Nutrasweet (aspartame) _____

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www.idealskin.com

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