

TO GET CONTROL

Flare control creams

(usually steroid creams)

What are they for?

These creams are used to get control of eczema. They are:

- Used to treat flare-ups where the skin is more sore or itchy than normal
- Normally prescribed and are usually steroid creams (topical corticosteroids). Sometimes they are TCIs (Topical Calcineurin Inhibitors)

Most people with eczema will need to use flare control creams at some point.

When?

Use them as soon as there is a flare-up.

How often?

During a flare-up, apply a thin layer once a day until the eczema is under control.

How much to apply?

As a rough guide, put on a thin layer, just enough to cover the eczema flare area.

How long for?

Use them for two days after the eczema is under control. If you need to use flare control creams for longer than 3 or 4 weeks, then it would be good to discuss this with a health professional.

Are they safe?

Yes. Studies show that flare control creams are safe when used following the instructions above. They should be applied to the affected skin only. They are usually used for just a few days or weeks at a time.