




Your Eczema Care Online treatment record

Record your current treatments below:

My moisturising cream(s):	I wash my hands and body with:
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My flare control cream for my face is:	My flare control cream for my body is:
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Record your treatment preferences below:

My treatment	When used	Rate your treatment	Notes
e.g. hydromol ointment	e.g. January-March 2020	  	e.g. helps but greasy when put on my skin
		