

# Two treatments used well:

## A GUIDE FOR ECZEMA SELF-CARE

- There are two main treatments for eczema
- Both are needed because they help keep eczema under control in different ways



Learn about more ways to  
manage eczema at:

[EczemaCareOnline.org.uk](https://EczemaCareOnline.org.uk)

### EMOLLIENTS

#### Moisturising creams

**Why?** Reduce flare ups by locking water into the skin and keeping things out that may irritate the skin.



**Type** You can use lotions, creams, gels or ointments. All types are equally effective, but you might prefer one type to another. Choose the right one for you: [www.bristol.ac.uk/eczema](http://www.bristol.ac.uk/eczema)



**Where** Can be used **all over** the body.



**When** Use on the skin **every day**. Moisturising creams are used during an eczema flare up and when the skin is clear from eczema.



**Are they safe?** **Yes.** Sometimes people find they sting when you first put them on, but this should settle after a short time.



### TOPICAL CORTICOSTEROIDS

#### Flare control Creams

**Why?** Treat flare-ups where the skin is more sore or more itchy than usual.

**Type** You can use creams or ointments. Mild eczema is usually treated with a mild flare control cream. Moderate or severe eczema or eczema that is not getting better may need a stronger flare control cream.

**Where** During a flare-up, apply a thin layer to cover the eczema flare-up area. You may need different types for different parts of the body, for example, on the face.

**When** Start using once a day **as soon as you spot a flare-up** to get control quickly. After the flare-up is under control, continue using for another two days. If you are using these for more than 4 weeks (or 2 weeks in babies), discuss this with your doctor.

**Are they safe?** **Yes.** Flare control creams are safe when following instructions above. Left untreated, eczema flare-ups can lead to more serious problems.

# Frequently Asked Questions



Learn about more ways to  
manage eczema at:

[EczemaCareOnline.org.uk](https://EczemaCareOnline.org.uk)

## 1. Who is this guide for?

This guide has been designed for healthcare professionals to share evidence-based information about eczema treatments with patients and parents of children with eczema. This treatment approach is appropriate for people of all ages. It is intended for use in GP surgeries and pharmacies.

## 2. What evidence is this information based on?

This information has been based on high quality reviews of clinical trials on these treatments (known as Cochrane reviews), other key clinical trial evidence, and input from patients, parents and healthcare professionals. Find the research papers used at: [eczemacareonline.org.uk/en/two-treatments-documents](https://eczemacareonline.org.uk/en/two-treatments-documents)

## 3. What if I have concerns about using this approach?

This treatment approach is one of the most commonly used, safest, and effective ways to manage eczema, but it may not suit everyone. If you have any concerns or experience any side effects, seek help from your doctor or pharmacist.

## 4. What if this approach doesn't control my eczema?

If you get repeated flare-ups that are hard to control, then discuss this with your health professional. You might benefit from avoiding things that make your eczema worse, using different treatment, or using your flare control creams twice a week to prevent future flare-ups. More information about other approaches can be found in the Eczema Care Online Toolkit.