



DERMWELLESLEY

## Atopic Dermatitis – Treatment of FACE

Information for patients

**STEP 1:** Wash face with gentle, non-medicated cleanser, rinse well, and pat skin dry.

**Recommendations:** Cetaphil gentle skin cleanser, Vanicream Gentle Face Cleanser

**STEP 2:** Apply prescribed topical steroids - use twice a day, apply only a thin layer of cream/ointment/solution to red, itchy or flaky areas. Do your best to avoid normal skin. You should stop using topical steroid once areas of rash have resolved, or you have been using the topical medications for one week. **Never use topical steroids on the face for longer than one week, unless instructed by your provider.**

**STEP 3:** Moisturizer - no fragrance, no menthol. Use twice a day ON TOP OF prescription medication.

**Recommendations:**

- Aquaphor or Vaseline
- Avene Xeracalm AD
- Cetaphil Restoraderm or Cerave Moisturizing Cream
- Vanicream

Mupirocin may be prescribed for infected/crusted areas

**STEP 4:** Sunscreen - Apply to face, neck, forearms and hands. Repeat every 2 hours when outdoors.

**Other tips:**

- If your skin always burns using creams, try putting it in the refrigerator
- For itching, you can try an antihistamine (Allegra, Zyrtec, etc.) at night before bed

**PREGNANCY PRECAUTIONS:** If you are pregnant, please alert your provider as some medications should be avoided.

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