

What can your loved one do to help manage their eczema?

A good skincare routine is important to help soothe the skin and prevent eczema flare-ups.

Following their healthcare professional's treatment plan is an important factor for successful treatment!⁵



Remember:

- It is key for people living with eczema to keep their skin soft and supple.
- Applying moisturiser twice a day is recommended, even if their skin appears clear.¹⁻³
- Barrier creams and bath oils can help to prevent moisture loss from the skin.^{2,4}

Top tips to help your loved one manage their eczema

Cleansing

Cleanse their skin thoroughly, yet gently and without scrubbing, to prevent skin infections.²

Bathing

Take short baths (less than five minutes), rather than long and very hot/cold baths which may make their skin dryness worse.^{2,3}

Avoid scratching

Try to keep their nails short and avoid the temptation to scratch to prevent aggravating their eczema.¹

Eczema is a chronic condition that can improve or clear completely, as well as worsen, depending on its cause and management.⁶

Eczema can re-occur



Your loved one should visit their healthcare professional if symptoms worsen

Adverse events should be reported. Please check the patient information leaflet that comes in the pack with the medicine for details of how to report any possible side effects. You can also fill in a form at www.gsk.com/en-gb/contact-us/report-a-possible-side-effect/

References

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5. Bass AM, et al. J Clin Med 2015;4:231-42.
6. NHS. Atopic eczema. 2019. Available at: <https://www.nhs.uk/conditions/atopic-eczema/> Last accessed January 2023.



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