

# Daily Care for Atopic Dermatitis

Seoul Atopy Asthma Education Information Center, Korea

Hwayoung Kwen

Atopic dermatitis (AD) is a chronically relapsing inflammatory skin disease that causes severe pruritus and sleep disturbance. Most cases of AD occur in infants and children younger than five years of age. So the development of AD in infancy or early childhood and subsequent allergic rhinitis and asthma in later childhood is known as the atopic march. Because of its high prevalence, low quality of life, and possible progression to asthma, AD is regarded as one of the major health problems in children.

The optimal daily care of atopic dermatitis requires skin hydration, environment management, and medication. Skin hydration includes 1) bath your child in warm (32–36°C, winter 38°C), 2) do not scrub skin during warm soaking bath or shower, 3) do not use bubble bath, 4) limit your child's time in the bath to 15 or 20 minutes, 5) use cleanser only when needed and make sure the cleanser is mild and fragrance-free, 6) after bathing, gently pat your child's skin partially dry, 7) apply moisturizer (lotion, cream, or ointment) at least twice a day, and 8) moisturizers should be free of alcohol, scents, dyes, fragrances, or chemicals. Environment management includes 1) stay away from things your child is allergic to, such as dust mites, molds pollen, cat or dog dander, some perfumes and makeups, certain foods such as eggs, peanuts, milk, fish, soy products, or wheat, 2) prevention of dust mites: put mattresses and pillows inside special dust-proof covers, wash sheets, blankets, and bed covers often using hot water, remove carpets., 3) avoid irritants such as wool and lanolin, 4) keep room temperature (18–21°C) and room humidity (40–50%), 5) keep your child's fingernails short to help reduce scratching, 6) clothes-washing tips: only use the recommended amount of detergent, use enough water for adequate rinsing, buy clothes without tags because tags, and wash new clothes before wearing. Medication includes 1) corticosteroid creams to relieve itching and inflammation, 2) anti-inflammatory to reduce swelling, itching, and redness, and 3) antibiotics to treat infections caused by bacteria.

In this lecture, Restoration of the skin barrier function and hydration of skin care are the key part of gaining control of AD. I provide standard educational curricula regarding daily care for AD which is made from Seoul Atopy Asthma Education Information Center (SAAEIC). The SAAEIC educate and counsel for clients who have

allergic disease and guide to the healthcare service provider about the prevention of allergic disease. And also, develop standard education protocol and counsel manual of allergic disease for communities with CDC of Korea and the public health department of Seoul. There are various standard educational materials to prevent AD. If you need to more information, link here <https://www.atopyinfocenter.co.kr/>