



Skincare Guide to Atopic Dermatitis

Atopic dermatitis (eczema) is a chronic skin condition that is identified by dryness, itchiness and inflammation, which may result in scaly or blistered skin.

While the exact cause of eczema is not known, external factors play an important role in influencing the skin condition. In addition to applying the right treatment, here are some tips to maintain daily comfort:

Moisturise, moisturise, moisturise

Moisturising is an important part of caring for eczema because it restores the skin's natural protective barrier. In addition to moisturising, cleansing the skin is also essential to remove potentially irritating dirt, sweat, and bacteria. Bathing also prepares the skin to better absorb topical medications.

- Bathe in lukewarm water for at least 15 minutes daily
Bathing in steaming hot water is not recommended because it will draw away natural oils from the skin. Resist the urge to stay too long in the tub or shower because water no longer moisturises the skin after a period of time.
- Use mild cleansing products and avoid bar soaps or bubble baths
Be gentle with the skin and use soaps that are free of strong fragrances and chemicals.
- Applying Atopiclair on slightly damp skin
The best time to moisturise your skin is in the first three minutes after bathing. Gently blot the skin with a towel and use Atopiclair™ on damp skin. Atopiclair™ has a unique formula that uses a 3-pronged approach to calm, repair and protect your skin. It breaks the 'itch-scratch' cycle and prevents future flare-ups.



Clothing & Temperature

- Wear loose, comfortable clothes made from natural fibers
Synthetic fibers may scratch and irritate the skin. Clothes made from cotton are usually the most cool and comfortable.
- Maintain constant humidity and temperature while sleeping
Extremes of hot and cold temperatures may stress the skin. If you live where there is low humidity, a humidifier may come in handy as a dry climate can worsen eczema.
- Opt for a hypoallergenic mattress cover and pillow case
Hypoallergenic mattress covers can prevent dust mites and mould from gathering. Blankets and bedding should also be washed weekly to reduce the accumulation of dust.