

# Eczema Care Instructions for Pregnant Women

Date: \_\_\_\_\_

Dear [Patient's Name],

Congratulations on your pregnancy! Managing eczema during this time is important for your comfort and health. Below are care instructions tailored for you:

## 1. Moisturizing

Apply a fragrance-free moisturizer at least twice daily. Consider thick creams or ointments for better hydration.

## 2. Bathing Practices

Take lukewarm baths with gentle soap. Limit bath time to 10-15 minutes to prevent skin drying.

## 3. Avoid Triggers

Identify and avoid known triggers such as certain fabrics, soaps, or foods that may irritate your skin.

## 4. Medication

Please consult with your healthcare provider before using any topical treatments or medications.

## 5. Stress Management

Practice relaxation techniques such as yoga and meditation, as stress can exacerbate eczema symptoms.

If you have any questions or concerns, please do not hesitate to contact your healthcare provider.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]