

Eczema Skincare Routine

Dear [Teenager's Name],

Managing eczema can be challenging, but with a consistent skincare routine, you can help soothe your skin and reduce flare-ups. Here's a simple routine tailored for you:

Morning Routine

1. Gently cleanse your skin with a mild, fragrance-free cleanser.
2. Pat your skin dry with a soft towel.
3. Apply a thick, fragrance-free moisturizer all over your body.
4. Use a topical medication if prescribed by your dermatologist.
5. Don't forget to apply sunscreen on exposed areas if spending time outdoors.

Evening Routine

1. Take a lukewarm shower or bath, using a gentle cleanser.
2. Add oatmeal or baking soda to your bath to help soothe irritation.
3. After bathing, gently dry your skin and apply a heavy moisturizer while your skin is still damp.
4. Use any prescribed topical treatments.
5. Wear loose, breathable clothing to avoid irritation while sleeping.

Additional Tips

- Stay hydrated by drinking plenty of water.
- Avoid known triggers such as certain fabrics or allergens.
- Keep your nails short to prevent skin damage from itching.
- Check in regularly with your dermatologist.

Consistency is key! By following this routine, you can help manage your eczema effectively.

Sincerely,
[Your Name]