

Eczema Treatment Guidance for Sensitive Skin

Date: [Insert Date]

Dear [Patient's Name],

We understand that managing eczema can be challenging, especially for those with sensitive skin. Below are some guidelines to help you effectively manage your condition:

1. Moisturize Regularly

Apply a thick, fragrance-free moisturizer at least twice a day. Look for products that contain ceramides or hyaluronic acid.

2. Identify Triggers

Keep a diary to track flare-ups and identify any potential triggers such as certain foods, fabrics, or environmental factors.

3. Use Gentle Cleansers

Choose mild, soap-free cleansers that do not strip the skin of its natural oils.

4. Avoid Hot Showers

Use lukewarm water for bathing and limit shower time to prevent skin dryness.

5. Wear Soft, Breathable Fabrics

Opt for soft, lightweight materials like cotton and avoid wool or synthetic fabrics that may irritate sensitive skin.

6. Consider Topical Treatments

Your healthcare provider may recommend topical corticosteroids or other medications to reduce inflammation during flare-ups.

If you have any further questions or concerns, please do not hesitate to reach out.

Sincerely,
[Your Name]
[Your Title]
[Your Contact Information]