



National  
**Eczema**  
Association

# Atopic Dermatitis Treatment Guide

There is no cure for atopic dermatitis (AD), also known as eczema, but there are many treatments available — and more on the horizon. Here is a breakdown of current treatment options (as of December 2024). Your doctor can give you more information on which treatment, or combination of treatments, might be most effective for you and how to use each treatment.

## Non-prescription treatments

Treatment	How it works	Who it's for	Cost
<b>Bathing</b>	Removes surface irritants and allergens, increases moisture, strengthens the skin barrier and helps topical medications absorb easier.	Children and adults with mild, moderate or severe eczema	\$
<b>Bleach baths</b>	A bath containing a mild solution of unconcentrated bleach and warm water. Reduces skin inflammation.	Children and adults with moderate to severe eczema	\$
<b>Moisturizing</b>	Helps skin retain moisture and improves the skin barrier. Helps reduce itch, redness and dryness.	Children and adults with mild, moderate or severe eczema	\$
<b>Wet wrap therapy</b>	Damp cloth or gauze dressing applied to affected skin and wrapped with a dry dressing; Strengthens skin barrier and helps it hold moisture overnight.	Children and adults with moderate to severe eczema	\$

## Types of treatments

**Non-prescription treatments:**  
Treatments you can purchase over-the-counter without a doctor's prescription

**Prescription treatments:**  
Treatments you can only access with a prescription from your doctor

**Topicals:** Treatments applied to the skin

**Orals:** Treatments taken by mouth in the form of a pill or liquid

**Injectables:** Treatments given by injection under the skin

## Cost Legend

\$ = \$1–100

\$\$ = \$101–500

\$\$\$ = \$501–1000

\$\$\$\$ = \$1,001+

## Topical prescription treatments

### Topical corticosteroids

**How they work:** Applied to the skin usually as an ointment or cream. Steroids reduce inflammatory proteins and tighten blood vessels under the skin to reduce redness and swelling.

Steroid Level	Treatment	Brand name	Who it's for	Cost
Ultra-High Potency	Clobetasol propionate .05% (klo-BAY-tuh-sol)	Clobex, Olux, Temovate	Children and adults with mild, moderate or severe eczema	\$
	Diflorasone diacetate .05% (dye-FLOR-uh-sone)	ApexiCon, Florone	Children and adults with mild, moderate or severe eczema	\$
	Halobetasol propionate .05% (hay-lo-BAY-tuh-sol)	Ultravate	Children and adults with mild, moderate or severe eczema	\$
	Augmented betamethasone dipropionate .05% (bay-tuh-METH-uh-sone) gel or ointment	Diprolene	Children and adults with mild, moderate or severe eczema	\$
	Fluocinonide .1% (floo-oh-SIN-oh-nide)	Vanos	Children and adults with mild, moderate or severe eczema	\$
High Potency	Betamethasone dipropionate .05% (bay-tuh-METH-a-sone) cream	Diprolene, Sernivo	Children and adults with mild, moderate or severe eczema	\$--\$
	Amcinonide .1% (am-SIN-oh-nide)	Cyclocort	Children and adults with mild, moderate or severe eczema	\$--\$
	Desoximetasone .25% (des-ox-ih-MEH-ta-sone)	Topicort	Children and adults with mild, moderate or severe eczema	\$--\$
	Diflorasone diacetate .05% (dye-FLOR-a-sone)	ApexiCon, Maxiflor, Florone	Children and adults with mild, moderate or severe eczema	\$--\$
	Fluocinonide .05% (FLOO-oh-SIN-oh-nide)	Vanos	Children and adults with mild, moderate or severe eczema	\$--\$
	Halcinonide .1% (hal-SIN-oh-nide)	Halog	Children and adults with mild, moderate or severe eczema	\$--\$
	Triamcinolone acetonide .5% (try-am-SIN-oh-lone a-SEET-oh-nide)	Aristocort A, Cinolar, Dermasorb, Kenalog, Pediaderm TA, Triacet, Triamcort, Trianex, Triderm, Zytopic	Children and adults with mild, moderate or severe eczema	\$--\$

## Topical corticosteroids

**How they work:** Applied to the skin usually as an ointment or cream. Steroids reduce inflammatory proteins and tighten blood vessels under the skin to reduce redness and swelling.

Steroid Level	Treatment	Brand name	Who it's for	Cost
Moderate Potency	Betamethasone valerate .1% (bay-ta-METH-a-sone)	Betamethacot, Beta-Val, Qualisone, Valisone, Luxiq	Children and adults with mild, moderate or severe eczema	\$
	Desoximetasone .05% (des-ox-ih-MEH-ta-sone)	Topicort	Children and adults with mild, moderate or severe eczema	\$
	Fluocinonide .025% (FLOO-oh-SIN-oh-nide)	Vanos	Children and adults with mild, moderate or severe eczema	\$
	Hydrocortisone butyrate .1% (HYE-droe-KOR-ti-sone)	Locoid	Children and adults with mild, moderate or severe eczema	\$
	Hydrocortisone valerate .2% (HYE-droe-KOR-ti-sone)	Westcort	Children and adults with mild, moderate or severe eczema	\$
	Mometasone furoate .1% (mo-MET-a-sone)	Elocon	Children and adults with mild, moderate or severe eczema	\$
	Triamcinolone acetonide .1% (try-am-SIN-oh-lone)	Aristocort A, Cinolar, Dermasorb, Kenalog, Pediaderm TA, Triacet, Triamcot, Trianex, Triderm, Zytopic	Children and adults with mild, moderate or severe eczema	\$
	Triamcinolone acetonide .025% (try-am-SIN-oh-lone)	Aristocort A, Cinolar, Dermasorb, Kenalog, Pediaderm TA, Triacet, Triamcot, Trianex, Triderm, Zytopic	Children and adults with mild, moderate or severe eczema	\$
Low Potency	Alclometasone propionate .05% (AL-kloe-MET-a-sone)	Aclovote	Children and adults with mild, moderate or severe eczema	\$
	Betamethasone valerate .05% (bay-ta-METH-a-sone)	Betamethacot, Beta-Val, Luxiq, Qualisone, Valisone	Children and adults with mild, moderate or severe eczema	\$
	Desonide .05% (DES-oh-nide)	Desonate, Desowen, LoKara, Tridesilon, Verdeso	Children and adults with mild, moderate or severe eczema	\$
	Fluocinolone acetonide .01% (FLOO-oh-SIN-oh-lone)	Capex, Derma-SmootheFS, Synalar	Children and adults with mild, moderate or severe eczema	\$

## Non-steroidal topicals

**How they work:** A cream or ointment applied to the skin, which works by different mechanisms to reduce inflammation and/or improve the skin barrier.

Category	Treatment	Brand name	Who it's for	Cost
Calcineurin inhibitors	Pimecrolimus cream .1%	Elidel	Ages 2 and older; People with mild to moderate eczema	\$
	Tacrolimus ointment .03% and .01%	Protopic	Ages 2 and older; People with mild to moderate eczema	\$
Phosphodiesterase-4 (PDE-4) inhibitors	Crisaborole ointment 2%*	Eucrisa	Ages 3 months and older; People with mild to moderate eczema	\$\$\$
	Roflumilast cream .15%*	Zoryve	Ages 6 and older; People with mild to moderate eczema	\$\$\$
Janus kinase (JAK) inhibitor	Ruxolitinib cream 1.5%*	Opzelura	Ages 12 and over; People with mild to moderate eczema	\$\$\$\$
Topical aryl hydrocarbon receptor agonist	Tapinarof cream 1%*	Vtama	Ages 2 and older; People with mild, moderate or severe eczema	\$\$\$\$

\*Generic option not available

## Prescription phototherapy

### Phototherapy

**How it works:** Using a machine built for this purpose, the skin is exposed to different wavelengths of ultraviolet light. Phototherapy slows inflammation and reduces bacteria on the skin.

Treatment	Brand name	Who it's for	Cost
Phototherapy*	Daavlin, National Biological Corp., SolarC Systems Inc., UVBioTek Phototherapy or XTRAC	Children and adults with moderate or severe eczema	\$--\$

\*Generic option not available

## Oral prescription treatments

### Oral corticosteroids, systemics and Janus kinase (JAK) inhibitors

**How they work:** Taken by mouth as a capsule, tablet or liquid to slow down or selectively block parts of the immune system to reduce inflammation, which causes symptoms such as redness and swelling.

Category	Treatment	Brand name	Who it's for	Cost
Oral steroids	Prednisone (PRED-ni-sone)	Prednisone Intensol	Systemic steroids should be used only for a short period of time to treat extremely severe eczema symptoms in children and adults.	\$
	Prednisolone (pred-NISS-oh-lone)	Pediapred, FloPred, Orapred, Millipred, Prelone, Veripred	Systemic steroids should be used only for a short period of time to treat extremely severe eczema symptoms in children and adults.	\$
Systemics	Azathioprine (AY-za-THYE-oh-prin)	Azasan, Imuran	Children and adults with moderate to severe eczema	\$
	Cyclosporine (SYE-kloe-SPOR-in)	Gengraf, Neoral, Sandimmune	Children and adults with moderate to severe eczema	\$\$
	Methotrexate (METH-oh-TREX-ate)	Trexall, Otrexup, Rasuvo, Xatmep	Children and adults with moderate to severe eczema	\$
	Mycophenolate mofetil (my-coh-FEN-oh-late MOW-fet-ill)	CellCept	Children and adults with moderate to severe eczema	\$
JAK inhibitors	Abrocitinib (AB-ro-SIT-i-nib)*	Cibinqo	Ages 12 years and older; People with moderate to severe atopic dermatitis that is not adequately controlled with other systemic drug products, including biologics.	\$\$\$\$
	Upadacitinib (OOH-pad-i-SIT-i-nib)*	Rinvoq	Ages 12 and older; People with moderate to severe eczema that is not adequately controlled with other systemic drug products, including biologics	\$\$\$\$

\*Generic option not available

## Injectable prescription treatments

### Injectable biologics and steroids

**How they work:** Taken by injection under the skin; Biologic injectables work by blocking specific inflammatory proteins that contribute to symptoms of atopic dermatitis; Injectable steroids may be prescribed in cases of severe eczema symptoms.

Category	Treatment	Brand name	Who it's for	Cost
Biologics	Dupilumab (doo-PIL-you-mab)*	Dupixent	Ages 6 months and older; People with moderate to severe eczema whose disease is not adequately controlled with topical therapies	\$\$\$\$
	Lebrikizumab-lbkz (LEB-ruh-KIZ-oo-mab)*	Ebglyss	Ages 12 and over; People with moderate to severe eczema whose disease is not adequately controlled with topical therapies	\$\$\$\$
	Nemolizumab-ilto*	Nemluvio	Ages 12 and older; People with moderate to severe atopic dermatitis whose disease is not adequately controlled with topical therapies	\$\$\$\$
	Tralokinumab-ldrm (TRAY-low-KIN-you-mab)*	Adbry	Ages 12 and over; People with moderate to severe eczema	\$\$\$\$
Steroids	Triamcinolone (injection) (try-am-SIN-oh-lone)	Aristocort, Aristocort Forte, Aristospan, Clinacort, Kenalog-10, Kenalog-40, Triamcot, Triam-Forte, Triesense	Systemic steroids should be used only for a short period of time to treat extremely severe eczema symptoms in children and adults.	\$

\*Generic option not available

Learn more about available eczema treatments at [NationalEczema.org](http://NationalEczema.org).