

## Atopic Dermatitis

### ■ Management

- Elimination of precipitating irritants: avoid wool and synthetic fabrics; wear cotton clothes, humidifier at home; dietary restriction if specific verified food allergy; stress reduction.
  - Skin hydration: Baths with emollients, apply thick nonfragranced emollient immediately after bath.
  - Topical steroids: 1% hydrocortisone ointment bid to face and folds, midpotency steroids bid to other effected areas; ointments more occlusive and more effective than creams.
- [OCR from images: ]