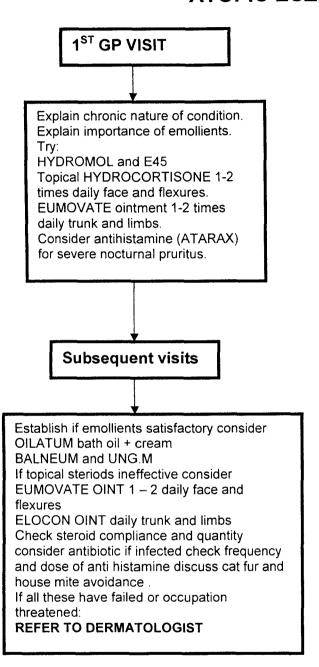


## GP MANAGEMENT GUIDELINES ATOPIC ECZEMA IN ADULTS



## SEVERE ECZEMA IN RELAPSE

Always infected – prescribe antibiotic. If face and upper chest involved consider herpes simplex infection – if diagnosed **URGENT referral to Dermatologist.** Give short term treatment with potent steroid eg BETNOVATE C ointment for 5-7 days.

Increase antihistamine and give throughout day.

Consider PREDNISOLONE or DEPOMEDRONE

REFER TO DERMATOLOGIST

## NOTES:

- Systemic steroids are a highly effective short term treatment for atopic eczema but we try to restrict them to a short term use during periods of severe relapse
- Oil of evening primrose does NOT have a significant effect.
- In general skin and blood tests for allergy are NOT helpful: DO NOT REFER for these
- Dietary modification is of little value