

# 特应性皮炎

## 治疗计划

### 润肤霜和软膏

务必让您患有特应性皮炎的孩子经常使用润肤霜，这一点很重要。药膏（例如外用类固醇药膏）也会有帮助，但如果使用过多会造成问题。外用类固醇药膏不应连续使用超过大约两周。皮疹消失后即停用药膏。如果皮疹复发，通常可以再使用药膏。每次洗澡或洗淋浴后始终让您的孩子在全身涂润肤霜，并在全天涂几次润肤霜。在让您的孩子使用任何类型的药膏之前，请首先向您的孩子的健康护理服务提供者咨询。

1. 让您的孩子用温水洗澡或洗淋浴，一次不要超过 10 分钟。让他们用温和的肥皂，例如无香味 Dove 或 Cetaphil 肥皂。只有在需要时才用肥皂。避免使用带香味的肥皂或洗泡沫浴。
2. 洗淋浴或洗澡后，将皮肤拍干，立即涂上药膏和润肤霜。
3. 只在您的孩子身体的粗糙、发红和发痒的部位涂药膏，并充分涂抹，使药膏渗入。可按照需要每天涂一次或两次药膏，例如在洗澡后涂一次，当天的其他时间再涂一次。只需涂薄薄一层药膏。您的孩子的医生或护士将在下方填写要在孩子身体的哪些部位使用哪些类型的软膏。
4. 趁您的孩子皮肤仍然潮湿时，在涂药膏后立即在孩子的全身皮肤上涂一层润肤霜。可使用的一些润肤霜包括凡士林、Aquaphor、Eucerin 乳霜、Cetaphil 乳霜、CeraVe 乳霜或 Vanicream。
5. 全天在全身重新涂润肤霜，每天至少 2-3 次。

在以下身体部位涂的软膏或乳霜类型：

手臂、腿部和身体：

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面部、颈部、腹股沟和腋窝：

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头皮：

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### 如需了解进一步详情

- 皮肤科诊所  
206-987-2158
- 向您的孩子的健康护理服务提供者咨询
- [seattlechildrens.org](http://seattlechildrens.org)

### 免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



## 抗生素

您的孩子的医生可能会为孩子开抗生素药膏、口服抗生素药或抗生素药膏和口服抗生素药同时开。请遵守所有药物说明。在让您的孩子使用任何类型的抗生素之前，请首先向您的孩子的健康护理服务提供者洽询。

- 百多邦（Bactroban/mupirocin）2% 药膏是一种涂在皮肤上的药膏（外用抗生素药膏），帮助消除感染。每天两次涂在开放性或结痂的部位。根据需要用药 7-10 天。如果没有作用，打电话给您的孩子的健康护理团队。
- 口服抗生素药也能帮助消除皮肤感染。您的孩子的医生会在下方填写孩子应当服用的药量。

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## 口服抗生素药

药名和强度：

\_\_\_\_\_

\_\_\_\_\_

让您的孩子服用

\_\_\_\_茶匙，或

\_\_\_\_片

每天\_\_\_\_次，服用\_\_\_\_天

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## 止痒药

您的孩子的医生可能为您的孩子开口服止痒药。他们也可能向您建议一种帮助止痒的非处方药。在让您的孩子使用任何类型的非处方药之前，请首先向您的孩子的健康护理服务提供者洽询。

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## 止痒药

药名：

- 苯海拉明（Diphenhydramine）
- 安泰乐（Atarax/ Hydroxyzine）

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\_\_\_\_\_

# Atopic Dermatitis

## Treatment plan

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### Moisturizers and ointments

It is important for your child with atopic dermatitis to use moisturizers often. Medicated ointments (such as topical steroids) also help, but they can cause problems if you use them too much. Do not use topical steroids for more than about 2 weeks at a time. Stop using the medicated ointment when the rash goes away. If the rash comes back, it is usually OK to use the ointment again. **Always have your child use moisturizer all over after every bath or shower and several times throughout the day.** Check with your child's healthcare provider first before giving any type of ointment to your child.

1. Have your child take a shower or bath with lukewarm water for no more than 10 minutes. Have them use gentle soap, like fragrance-free Dove or Cetaphil. Soap should only be used where needed. Avoid perfumed soaps or bubble bath.
2. After the shower or bath, pat skin dry and put on medicated ointments and moisturizers right away.
3. Only put medicated ointment on the rough, red and itchy areas of your child's body, and rub it in well. Ointments may be applied 1 or 2 times each day as needed, such as after bathing and 1 other time a day. Rub on only a thin layer of the medicated ointment. Your child's doctor or nurse will write in below what kind of ointment to use on what parts of your child's body.
4. While your child's skin is still damp and after applying the medicated ointments, quickly apply a moisturizer all over your child's skin. Some examples of moisturizers to use are Vaseline or petroleum jelly, Aquaphor, Eucerin cream, Cetaphil cream, CeraVe cream or Vanicream.
5. Throughout the day, reapply moisturizer **all over, at least 2 to 3 times a day.**

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### Kinds of ointment or cream for:

Arms, legs and body:

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Face, neck, groin, and armpits:

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Scalp:

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### To Learn More

- Dermatology clinic  
206-987-2158
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

## Antibiotics

Your child's doctor may have prescribed an antibiotic ointment, an oral antibiotic, or both. Follow the instructions for all of the medicines. Check with your child's healthcare provider first before giving any type of antibiotic to your child.

- Bactroban (mupirocin) 2% ointment is a medicine to put on the skin (topical antibiotic) to help with infection. Put on open or crusted areas 2 times each day. Use the medicine for 7 to 10 days as needed. If it does not help, call your child's healthcare team.
- Antibiotics that are taken by mouth (oral antibiotic) can also help with skin infection. Your child's doctor will write how much your child should take below.

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## Oral antibiotics

Name and strength of medicine:

\_\_\_\_\_  
\_\_\_\_\_

Have your child take

\_\_\_\_ teaspoons or  
\_\_\_\_ pills  
\_\_\_\_ times each day for  
\_\_\_\_ days.

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## Anti-itch medicine

Your child's doctor may have prescribed a medicine that your child can take by mouth for itching. Or, they may have recommended an over-the-counter medicine to help with itching. Check with your child's healthcare provider first before giving any type of over-the-counter medicine to your child.

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## Anti-itch medicine

Name of medicine:

- Diphenhydramine  \_\_\_\_\_
- Atarax (Hydroxyzine)  \_\_\_\_\_