

## Patient information: Skin Conditions - Hydrocortisone

**Treatment:** Apply Hydrocortisone cream twice daily for a maximum of 7 days.

If symptoms worsen, or have not improved after 7 days treatment, then patients should be advised to seek further medical advice. Advise patient of the importance of using

### Advice:

#### **Mild Eczema/ Contact dermatitis**

- Emollients (moisturisers) – can be used (even if not experiencing symptoms) to stop the skin becoming dry and prevent flare ups. To apply the emollient:
  - Use a large amount
  - Don't rub it in – smooth it into the skin in the same direction the hair grows
  - After a bath or shower, gently pat the skin dry and apply the emollient while the skin is still moist to keep the moisture in
  - You should use an emollient at least twice a day if you can, or more often if you have very dry skin
- Eczema is often itchy, and it can be very tempting to scratch the affected areas of skin. Try to reduce scratching whenever possible as this can damage the skin:
  - Instead try gently rubbing your skin with your fingers instead
  - Keep your nails short and clean to minimise damage to the skin from unintentional scratching
  - Keep your skin covered with light clothing to reduce damage from habitual scratching
- Certain things may exacerbate eczema such as:
  - Heat/ certain fabrics
  - Soaps and detergents
  - Food

Try to avoid these if possible but if significant dietary changes are required speak to you GP practice first

#### **Insect bites**

- Wash the affected area with soap and water
- Place cold compress (a flannel or cloth cooled with cold water) over the affected area to reduce swelling
- Do not scratch the area as it can become infected (keep children's fingernails short and clean)
- Take an antihistamine to help reduce swelling (available from pharmacies)
- If redness and swelling increases or the bite starts weeping seek medical advice