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Diplomate of American Board of Allergy & Immunology

A Conjoint Board of American Board of Pediatrics and the American Board of Internal Medicine

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PATIENT EDUCATION FOR ATOPIC DERMATITIS

HYDRATION: Bathe 2 (two) times a day followed by direct sunlight.

- Hydrate the skin by bathing twice a day with warm water or swimming especially in the sunlight.
- Don't dry the skin with a towel, instead drip dry, especially after swimming.
- Once a week bathe in Clorox by mixing 1 (one) tablespoon of Clorox in a full tub of warm water. Soak your body for 15-30 minutes once a week.
- Bathe before bedtime and apply hydrating lotion such as Aqua phore, cover feet and legs with socks.
- Wear cotton clothing and cotton undergarments.
- Use only Dove soap for sensitive skin.
- Do not use fabric softener in the wash.
- Use ALL detergent for washing clothes
- Use Head and Shoulders shampoo once a week if necessary.
- Clip fingernails on Friday and Wednesday.

CREAMS

- Protopic or Elidel cream on affected areas twice a day from Monday – Friday (weekdays only) for 6 consecutive weeks.
- _____ or Cutivate cream twice a day on the weekend (Saturday and Sunday) only.
- Start Protopic or Elidel cream as symptoms of itching begin and continue for at least 7 (seven) days until the rash is gone.

ORAL MEDICATIONS FOR ITCHING

- Atarax 12.5 mg/5 ml every 6 (six) hours, or as needed.
- Doxepin 10 mg once a day at night time
- Orapred 15 mg/5 ml to be taken with food once a day for _____ days.
- Deltasone 10 mg to be taken with food once a day for _____ days.
- Prelone 5 mg/5 ml to be taken with food once a day for _____ days.
- Chloral Hydrate 500 mg/5ml at bed time.

If you have any further questions, please do not hesitate to call our office at (407) 846-4000

Our Mission is to Educate, Prevent, Test and Treat Allergic, Respiratory and Immunologic Diseases