



# Itch - skin care management

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## Eczema in children

- Protect the skin from irritants
- Avoid soap – use oils and soap substitutes in the shower and bath
- Keep showers and baths to 5 minutes (warm water only)
- Wear cotton against the skin
- Protect the skin from carpets and sand (eg. sandpits)
- Keep the skin moisturised
- Apply moisturiser at each nappy change (eg. sorbolene, glycerine, aqueous cream). Creams can sting if the skin is broken. Use emulsifying ointment or dermeze (liquid paraffin/white soft paraffin) which is greasier but more soothing.



Atopic eczema

## Scabies

- Scabies is caused by infestation with the mite, *Sarcoptes scabiei*
- Scabies is contracted from another infected person by close extended exposure (eg. living in the same house, same classroom or a 'sleepover' at a friend's house)
- Mites do not survive for very long off the human body
- Infection from objects (eg. couches) is rare
- All close contacts need to be treated or re-infection is likely.
- Effective treatments include:
  - permethrin cream 5% or lotion
  - benzyl benzoate lotion 25%
  - crotamiton cream 10%
- Treatment should be applied from the neck down (all over for babies) at least half an hour after a bath or shower when the skin has cooled down. Do this just before going to bed (eg. after cleaning teeth and going to the toilet) so that hands are not washed after the treatment has been applied. Wash off the next day
- Make sure all surfaces are treated including axillae, groin, perineum, between fingers and toes, soles and palms
- Bedclothes and sheets should be washed the next day and treatment repeated after 7 days.



Crusted scabies

