

Just Ask Your Pharmacist



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Quick Eczema Relief

1. Avoid known triggers.

- Factors like heat, perspiration, dry environment, emotional stress and anxiety may all trigger eczema.

2. Constantly keep the skin hydrated.

- Hypoallergenic moisturisers are helpful in managing eczema and are best applied immediately after a shower.

3. Take lukewarm baths or showers.

- Hydrate and cool the skin, but avoid hot baths or showers that are longer than 15 minutes as these will dry out the skin.

4. Do not scratch the affected area.

- Scratching will make the situation worse. Thus, do avoid scratching by covering the affected area and trimming your nails.

What to do for a sudden eczema flare up?

You may use steroid creams to the affected area for a short period of time to reduce inflammation and rash. Oral antihistamines can also be taken to relieve the itch.

Is there a cure for eczema?

Eczema is a chronic skin condition and although there are no cures, it can be controlled with lifestyle modifications, moisturisers, as well as topical and oral medicines. Please consult your doctor immediately if your eczema symptoms has not subsided or has gotten worst after self-medicating.

Have more questions? Just ask your Unity Pharmacist!

Credits: Unity Pharmacists

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