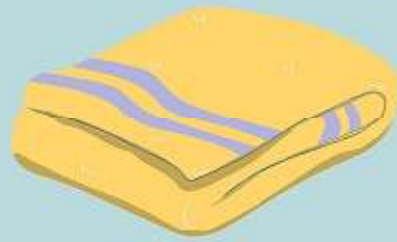




Eczema Bath  
Routine

“Should you  
wash eczema  
everyday?”

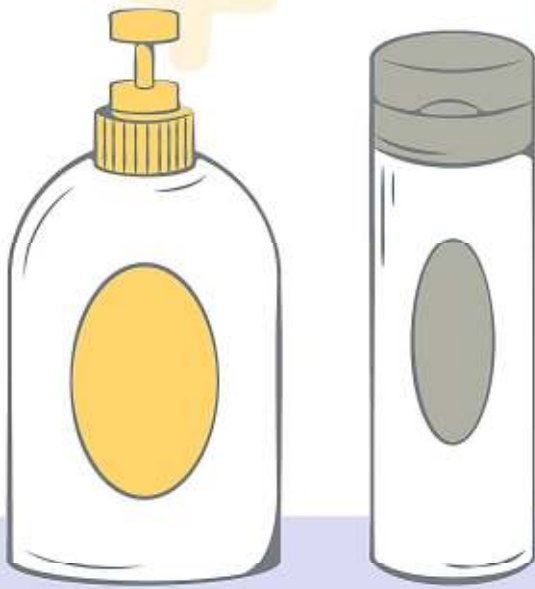


# Eczema Skin Care Routine

“Can eczema  
come & go  
daily?”



Eczema Face  
Care Routine



# How to rid the skin of Paraffin

#saynotoparaffin

Step 1

Stop using them! Put them away out of your daily application area. The skin's pores can take 2-3 days of cleaning to remove paraffins.

Step 2

Check the skin for any paraffin build-up or residue. Check behind knees, elbow creases & neck area.

Pat the skin dry. Apply a very small amount of non paraffin cream. Allow time to dry. Put on HappySkin!

Step 4

Wash the skin. Focus on those build up areas. Please do not scrub, gently massage skin with a sensitive skin soap.

Step 3

The skin can take

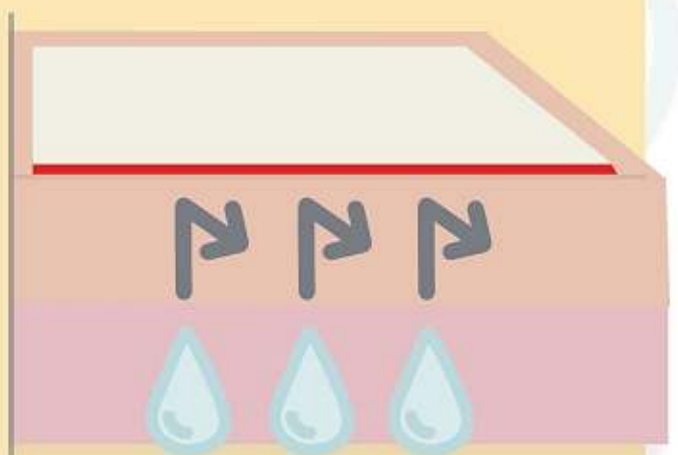
2-3 days

to be clear of paraffins!

## Why?

**Every cream prescribed by your GP will contain paraffin**

Paraffin based ointments are designed to form a barrier over the skin to retain moisture but do not allow the skin to release moisture (sweating) which can aggravate damaged skin even more!





## Eczema Soothing Bath Routine

Bathe baby at a warm (not hot) temperature

Always use sensitive bathing lotion and add to the bath water and never directly onto baby's skin

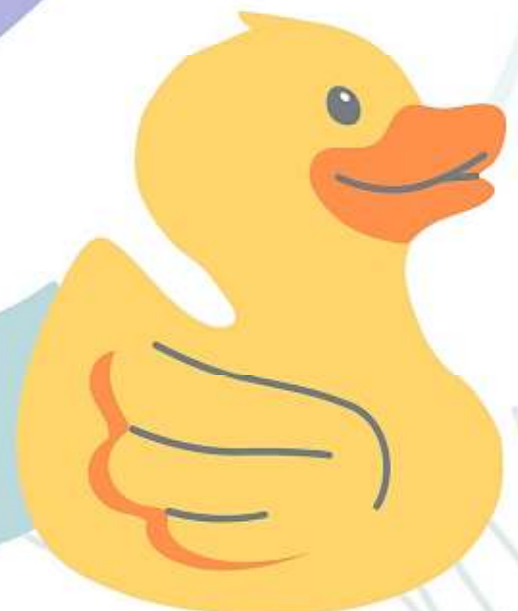
Pat not rub your little one's skin dry & use moderate amount of non-paraffin based cream, to soften the skin

Avoid bath oils and oil-based bath ointments or emollients

Once cream is absorbed and skin is dry to the touch, dress your baby in HappySkin

Keep your little one distracted with bath toys; this will distract the urge to scratch

Bathing your little one everyday can dry out thier skin even more!



# How to use HappySkin as a part of your Eczema Routine

#happyskinkids

Use toys to  
distract  
while  
dressing



Please make sure  
your baby's pores  
are clear of  
paraffin-based  
creams by bathing  
for 2-3 days in  
advance of using  
HappySkin

Apply a very small  
amount of  
paraffin-free  
moisturising cream  
to the skin evenly

Allow skin to dry and  
dress in HappySkin, which  
should fit snug but not  
tight

Only use non-paraffin based creams,  
especially during dry scaly phase, but  
always in moderate amounts. The skin  
will go from red & angry to dry &  
scaly and finally to clear

Baby can sense when  
parents are stressed,  
use positive language  
around the time you  
are managing eczema



# How to care for your little ones Face Eczema

Your baby's face will be more naturally oily. Gently wash with a mild lotion to clear pores.

Use a very small amount of a non-paraffin based cream and allow time to dry.

If you have been prescribed steroids, due to infection, use very very sparingly and wipe off any excess.

Use a HappySkin Head Mask!



# HappySkin's Suggestions

## Creams & Ointments

Whilst we strongly recommend stopping the use of paraffin based ointments that block your child's skin pores, the following creams will help to soften dry skin, especially during the dry scaly phase



Aproderm Collodial  
Oat Cream

Cerave Baby Moisturizing  
Lotion (US Version)

Cerave Moisturizing  
Lotion (Lait Hydratant)

Any creams/ointments which are not oil  
based or contains either paraffin  
or petroleum

#saynotoparaffin

HappySkin

HappySkin's Helpful Skin Care Advice

# FAQ

## How often should I bathe my little ones skin?

Please follow our helpful guide on how to rid the skin of paraffin. Once the skin is clear of paraffin you can wash your little one every other day and rehydrate the skin with our recommended creams

## Should I exfoliate my babies dry skin?

Please do not exfoliate dry skin. Dry skin is part of the skin healing process and scrubbing the skin could cause further irritation

## How often should I apply cream?

Apply non-paraffin based creams in moderation whenever the skin appears dry. Do not over moisturise

## Should I use natural sea salts in my baby's bath? (dead sea salts)

Natural sea/ocean water is great for the skin but it is very hard to replicate natural sea water with bath salts and you could end up irritating the skin further

## How often should I wash HappySkin?

Wash HappySkin as frequently as you would normally wash your regular clothes. Please check the leaflet for washing instructions

