ALLERGIES AND SKIN RASHES

Charity No: 1089135

In general, skin rashes that are caused by having sensitive or irritable skin often become less troublesome as children get older. If the rashes are due to excessive dryness, simple skin care measures may help, such as bathing daily with a superfatted soap or a soap substitute (such as aqueous cream or emulsifying ointment) and/or bath oil. Using a moisturiser after bathing and whenever else the skin seems dry may alleviate much of the problem. Your pharmacist can advise you on suitable preparations.

Some ED patients have persistent itchy dermatitis (eczema) that does not improve with the above measures. These patients may have more than one problem; they may have dry sensitive skin because of their ED or it may be because their family is prone to asthma, hay fever, allergies and eczema. In these instances, the skin problem may be more severe and may require management by a dermatologist. Atopic eczema can be a persistent severe skin problem that is very difficult to control, even in children without ED. If emollients and moisturisers do not improve the rash, it is important to see a doctor who may need to prescribe stronger medications such as hydrocortisone ointments and can sometimes tell if specific allergies are playing a role. Generally eczema can be controlled, but it cannot be cured. Eczema usually becomes less severe with time, but people who have dry, sensitive skin may have it for life and usually learn to avoid aggravating environmental factors such as harsh or extreme weather conditions, itchy clothing and highly perfumed cleansers (soaps, washing powder, etc), skin creams and certain foods.

Reproduced and updated with the kind permission of the National Foundation for Ectodermal Dysplasias

The Ectodermal Dysplasia Society
108 Charlton Lane, Cheltenham, Glos. GL53 9EA, England
Email: diana@ectodermaldysplasia.org
IP Website: www.incontinentia-pigmenti.org  ED Website: www.ectodermaldysplasia.org

Disclaimer: The content of this document is for information purposes only. Recipients should make their own additional enquiries of medical and other relevant authorities before acting on these views and any treatment used should be approved by your doctor or specialist prior to commencement. The use of a product name does not constitute a recommendation or endorsement by the ED Society. Any views or opinions are made by the author in good faith. No liability whatsoever is accepted by the author or the Ectodermal Dysplasia Society.

Version 010608