



Treatment Regimen

1. WASH

- Bleach bath: Mix a half cup of bleach in a full bath tub of water. Soak for 15 minutes. Do 2x/wk.
- Gentle cleanser or wash (ex. Cetaphil, Cerave, Aveeno, etc)
- Gentle soap (ex. White Dove Soap)
- Prescription soap or shampoo (Nizoral shampoo, Benzoyl Peroxide Wash, Salicylic Acid Wash)

2. MOISTURIZE

- Moisturize BEFORE applying the prescribed creams (CeraVe, Aveeno, Cetaphil)

3. TOPICAL MEDICATIONS

Morning

- | | | |
|---|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Hydrocortisone | <input type="checkbox"/> Clobetasol | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Desonide | <input type="checkbox"/> Halobetasol | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Triamcinolone | <input type="checkbox"/> Protopic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fluocinolone | <input type="checkbox"/> Elidel | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Betamethasone | <input type="checkbox"/> Clotrimazole | |
| <input type="checkbox"/> Fluocinonide | <input type="checkbox"/> Econazole | |

Evening

- | | | |
|---|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Hydrocortisone | <input type="checkbox"/> Clobetasol | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Desonide | <input type="checkbox"/> Halobetasol | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Triamcinolone | <input type="checkbox"/> Protopic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fluocinolone | <input type="checkbox"/> Elidel | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Betamethasone | <input type="checkbox"/> Clotrimazole | |
| <input type="checkbox"/> Fluocinonide | <input type="checkbox"/> Econazole | |

4. ORAL MEDICATIONS

- _____
- _____

- Once a day
- Twice a day
- With food
- Without food