



Distressing, irritating, visual

Facial eczema can be chronic, reoccurring, or limited in episodes.

It can be associated with atopic eczema or a result of contact dermatitis or seborrhoeic dermatitis.

Facial eczema can impact on quality of life arising from discomfort due to the sensitivity of this area of skin and visibility.

In babies with facial eczema, the cheeks and the folds of the neck are often affected. Children and adults can develop more extensive facial eczema, which may involve the eyelids.

What causes facial eczema?

Eczema can be influenced by our genetics (it runs in the family) and/or by external factors. Skin contact with irritants or allergens can cause eczema. It may be difficult to pinpoint the trigger(s). Stress may play a role in flare ups.

Apart from atopic or contact dermatitis, facial eczema may be caused by seborrhoeic dermatitis which manifests with greasy scales around the ears, eyebrows, eyelids or ear canals. It can also be the cause of scalp dandruff.



What can you do?

The face is sensitive and prone to different forms of eczema. Therefore, it is important to get the right diagnosis and follow the treatment advice of your health professional.



See a dermatologist for reoccurring or severe facial eczema. Prevention by avoiding irritants and maintenance skin care are the best way forward with reoccurring facial eczema.

Treatment involves topical steroids or calcineurin inhibitors for flare ups, and skin care using bland emollients (unperfumed, non-cosmetic moisturisers).

Avoiding irritants and managing flare ups

Avoiding triggers and controlling the inflammation are ways in which you can manage your condition. There are some irritants for facial eczema to be aware of:



Soaps, cleansers and exfoliants

Avoid soap, cosmetic cleansers and exfoliating scrubs or toners. Instead use soap substitutes or even your emollient as a cleanser.



Make-up

Makeup is a known irritant for facial eczema. Avoid make-up on inflamed skin. If your make-up is causing flare ups, cease using it and then slowly patch test other products. Mineral makeup is often less irritating.



Natural products

Caution:

Although mineral make-up may be better, not all products labeled as natural or hypoallergenic will be



Emollients vs cosmetic moisturisers.

Cosmetic moisturisers contain many ingredients that can irritate facial eczema. Emollients are simply medical moisturisers without the fragrances or other additives that may irritate.

- For those with atopic eczema, it is important to **apply an emollient at least twice a day.**
- For more information about emollients, moisturisers, creams:

[More Information](#)





Managing flare ups

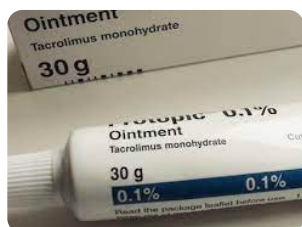


Apply **cool compresses** for symptomatic relief

Your doctor may prescribe a **topical corticosteroid** or a **topical calcineurin inhibitor** to treat flare ups.



Topical corticosteroids come in a cream, ointment or lotion (for the scalp), and you may be prescribed a mild or moderate strength for your facial eczema to be used in short treatment bursts as directed by your doctor. Potent steroids are rarely prescribed for the face and never used around the eyes, however, a potent corticosteroid may be appropriate for the scalp or the forehead, where the skin is thicker. If you are prescribed a potent steroid, be sure to use it under the supervision of a dermatologist.



You may be prescribed **non-corticosteroid topical therapy** (pimecrolimus, tacrolimus or crisaborole) for treatment of your facial flares.



For seborrhoeic dermatitis, an **anti-yeast cream** may be used along with a mild corticosteroid.

For additional eczema triggers information:

Info Resource
Triggers



Management tips

Here are some eczema management tips from the Australasian College of Dermatologists:

Info Resource
Management Tips



Treatments for severe facial eczema

Fortunately, medical researchers continue to strive for new treatments that provide relief from, what can be, an overwhelming experience. Be sure to ask your dermatologist about potential options and feel free to seek guidance from organisations such as Eczema Support Australia. Here is an insight into emerging treatments that giving hope to many people living with eczema.



Info Resource
Emerging Treatments



Eczema Support Australia have set up services to support those with eczema.

- Connect** with other families that understand through our closed Facebook Group called "Eczema Support Australia Families Group" - www.facebook.com/groups/aussieeczemafamilies
Practical Parenting for Eczema Families - www.eczemasupport.org.au/practical-parenting-for-eczema-families/
Psychological services - www.eczemasupport.org.au/psychology-support/
- Inform** for more eczema information go to www.eczemasupport.org.au
- Advocate** to share your story or get involved with our patient support organisation - contact@eczemasupport.org.au