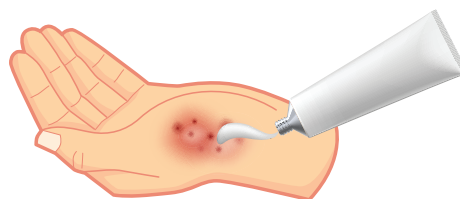


FAQS

Topical Corticosteroids for Eczema Flare Control

(also known as Topical Steroids or Flare Control Creams)

Eczema is a long-term condition. It cannot be cured, but there are ways to control the eczema and help keep your skin healthy. Topical corticosteroids are the most common medicine used for eczema flares. They help calm the inflammation so the skin can become smooth and itch-free.



[FIND OUT MORE](#)

Are they safe to use on my eczema?

Yes. Topical corticosteroids are very safe and help you to quickly get control of your eczema. Like all medicines, it is important to use topical corticosteroids as prescribed. Your health professional will explain how to apply them, where to apply them and for how long to use them – use our **Eczema Care Plan** to record this information.

You can read the evidence behind topical corticosteroids safety in the **Eczema Care Online Toolkit**.

Are they safe to use on broken or infected skin?

Yes. Infected, broken or cracked skin is common in eczema. Topical corticosteroids are one of the best ways to help skin become healthy and stay healthy. Sometimes, using cream on broken or cracked skin can sting. If this happens talk with your doctor, pharmacist or nurse. An ointment is less likely to sting than a lotion or cream.

Do they cause skin thinning?

Skin thinning is rare and does not happen when the right strength is used on eczema-affected skin for the appropriate amount of time. In the very unlikely incidence that thinning does occur, it is reversible.

Do they change skin colour?

Changes to skin colour are more likely to occur when eczema is not properly treated (for example treatment is stopped too early) or once the eczema has calmed down. Skin colour changes can be more noticeable in people with darker skin tones. When used as prescribed, topical corticosteroids can lower the chance of the skin changing colour by helping you get control of your eczema quickly.

Will they cause topical steroid withdrawal?

Topical steroid withdrawal is a very rare reaction. It is thought to occur in some people after they have used very potent topical corticosteroid medicines every day without a break, on very sensitive skin areas (like face or genitals) and for a long time. Topical steroid withdrawal should not be confused with a rebound eczema flare that can occur when treatment is stopped too early. During a flare, topical corticosteroids should be used as prescribed, on affected skin only and until the skin feels smooth and itch-free.

Do not use topical corticosteroids between flares.

If your eczema does not show improvement after using topical corticosteroids for 2-4 weeks, see your GP or dermatologist.

Most people with eczema will benefit from using topical corticosteroids, rather than experience a problem from them.

Skin specialists rarely see people because they have used too much topical corticosteroid, but often see eczema that is worse than it should be because not enough was used.

Will they cure my eczema?

Eczema is a long-term condition. It cannot be cured, but **topical corticosteroids can help you to get control of eczema flares**. It is important to remember that eczema damages the skin if you do not treat it.

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