



Treatment of Infected Eczema Flares

1. How to recognise eczema flare up

- Redness
- Pain
- Itch
- Broken skin from scratching
- Affected areas of the skin become moist and weepy
- Broken skin has an unpleasant smell

2. When the skin is broken, use

- Normal saline compress
- Potassium Permanganate (PP) compress

This is done to dry the wounds, remove bacteria and also to help ease the itch.

3. Follow these instructions:

Normal Saline Compress (on the face)

How to perform compress?

1. Fill a bowl with normal saline
2. Soak disposable towels / gauze in the bowl till wet
3. Apply the wet towels / gauze to affected areas for 2 minutes
4. Repeat with another set of towel / gauze for 3 cycles
5. Perform compresses 2 times a day for 5 days or until the lesions recover

Potassium Permanganate (PP) Compress (on affected parts of the body and limbs)

How to perform PP cleansing using towel / gauze?

1. Mix 1 part of PP with 8 parts of water in a bowl
2. Soak disposable towels / gauze in the bowl until wet
3. Apply wet towels / gauze to affected areas for 2 minutes
4. Repeat step 3 with another set of towels / gauze for 3 cycles
5. Perform PP compresses 2 times a day for 5 days or until the lesions recover

How to perform PP soaks?

1. Mix 1 part of PP with 8 parts of water in a container
2. Soak the affected limb in the container for 10 minutes
3. Rinse the affected limb with water
4. Perform PP soaking 2 times a day for 5 days



Scan here to watch video on
PP and Normal Saline Soaks