

DERMATOLOGY CLINIC

15th February, 2012

COPY

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Dear Dr. Nguyen,

RE: BOTTERILL, Mr. Bryan
2 Gardner Court, Balwyn North

UR: 870029
DOB: 23/12/1988

DIAGNOSIS:
Atopic dermatitis.

TREATMENT:

1. Regular emollients, Dermeze on the body and QV cream on the face.
2. Soap free wash.
3. Advantan fatty ointment as needed for severe flares on the face, using up to a five day course at most once each month.
4. Elidel topically daily to the face when the eczema is milder.
5. Novasone ointment topically to the eczema on the body as needed.
6. Bleach baths, using ¼ cup White King Bleach in a half filled adult bath once to twice weekly to reduce Staphylococcus aureus carriage.
7. House dust mite minimisation measures.
8. Trial of a regular non sedating antihistamine in the setting of flares.

I saw Bryan today in the Dermatology Outpatient Clinic alongside Professor Chris Baker. Bryan has a history of lifelong atopic dermatitis, with two infective flares in the past fifteen months. Things have settled down nicely since we last saw him with a flare back in November.

His current regime involves regular emollients, with almost no reliance at all on topical steroid for the past month. His body is relatively clear, but his face does remain somewhat erythematous on examination.

We have discussed the recent results of Bryan's RAST tests which demonstrated significant allergy to house dust mite and animal dander, with less significant allergy to trees and grass mix.

We have had a long discussion today regarding the maintenance approach, as well as a strategy for when Bryan does flare. He seems quite comfortable with this strategy, which we have provided a written document of for him. We have suggested the addition of bleach baths, as this can offer be quite helpful in reducing the frequency of infected flares. House dust mite minimisation measures will be pivotal, and these would include minimising carpet and soft drapes in Bryan's bedroom, changing the bed linen regularly and considering dust mite linen such as AllergEnd. Fortunately Bryan does already have a leather couch at home which is excellent. Minimising carpet throughout the house and also minimising any close contact with the dog is also helpful.