

A to Z in skin care for atopic dermatitis

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It is necessary to understand the structure and physiology of the skin barrier and its changes in patients with atopic dermatitis (AD) for their skin care. In this lecture, the structure and physiology of the skin barrier¹⁾, the advantages and disadvantages of baths²⁾, the ingredients of moisturizers³⁾, the correct use of moisturizers⁴⁾, the theory and practical method of baths using bleach, and the method of wet wrap therapy (WWT) will be discussed.

The structure of the skin barrier is described by the brick and mortar model. The corneocytes are similar to bricks and the intercellular lipid lamellae are similar to the mortar. In order to maintain the functioning of the skin barrier, the structure of the skin barrier should be robust, the water supply should be sufficient, and the pH of the skin should be low.

Staphylococcus aureus infection is one of the important causes in AD worsening. Bleach baths are a good way to control *S. aureus* infection. Therefore, bleach baths may be helpful in patients with uncontrolled AD^{5,6)}.

Wet wrap therapy (WWT) can be used for skin care in patients with severe AD. WWT relieves itching, hydrates the skin, and blocks external stimulants and allergens in AD patients⁷⁾.

References

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