

# Patient information from BMJ

Last published: Jan 30, 2023

## Eczema: questions to ask your doctor

**If you or your child has been diagnosed with eczema you may want to talk to your doctor to find out more.**

Here are some questions that you might want to ask.

- Why do I have eczema?
- Is eczema the same thing as dermatitis?
- Does it need to be treated?
- If so, what is the best treatment?
- Does the treatment have side effects?
- How long will the treatment last?
- Will my symptoms come back if I stop the treatment?
- Has something in particular caused this eczema?
- Will the eczema go away or will I always have it?
- What should I do if the symptoms come back?
- Are there any special risks I need to be aware of?
- Are there things I can do at home to try to relieve the eczema?
- Are there things I shouldn't do? For example, is it all right to go swimming?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



**BMJ** Group