



What is the Atopic Dermatitis Center?

- The Atopic Dermatitis Center was created to provide a multidisciplinary approach to treating atopic dermatitis (eczema).
- Some or all of these members of our team may see your child: an attending physician, a pediatric nurse practitioner, a registered pediatric dietitian and a pediatric psychologist.
- Our center also treats other allergic problems that your child may have, like food allergies, environmental allergies and asthma.
- **Please fill out the forms we give you completely and send back to us at your earliest convenience.** The information on these forms helps us decide if our program best meets the needs of your child. If we decide our program is right for your child, we will call you to schedule an appointment. Otherwise, we may refer your child to our general Allergy or Dermatology Program, based on the information you provide to us.

What happens during the first visit?

- The evaluation may take 1 or more visits.
- During the first visit, a nurse practitioner will ask questions and do a physical examination.
- Your child may have allergy skin tests, breathing tests, blood tests or other tests.
- Your child may need regular follow-up visits to see how your child is doing.
- We will teach you about atopic dermatitis, skin care and food allergies, and offer support.

How long will the visit take?

- The first visit can take 3–4 hours.
- Follow-up visits will take about 1–2 hours.
- It is a good idea to bring toys and books to keep your child busy during the visit.
- Plan to arrive 30 minutes before the time of your appointment. This will give you enough time to park and go over your insurance information.
- Your appointment may be cancelled or we may only do some of the visit if you are late.

What if my child is taking medication?

Medication

There are medications that your child needs to stop taking before the appointment.

- ☑ You can give your child topical medications, creams and daily controller asthma medications (examples: Singulair, Flovent, Pulmicort) as usual

DO NOT STOP giving your child medications except for those below.

- ☑ **2 weeks before the appointment:** Stop giving your child antihistamines, which can interfere with the allergy testing results. These include:

- Allegra (fexofenadine)
- Atarax (hydroxyzine)
- Claritin (loratadine)
- Cyproheptadine
- Xyzal (levocetirizine)
- Zyrtec (cetirizine)

Antihistamines are also in many non-prescription cold or allergy medicines, like:

- Actifed
- Benadryl (*this can be taken 3 days before the appointment*)
- Dimetapp
- Pediacare
- Tavist
- Triaminic

Call 617-355-6117 to speak with an allergy nurse if you are:

- Unsure of what medicines contain antihistamines
- Not able to stop a medication, or if your child has symptoms while off a medication

What are clinical research studies?

You may be asked if you are willing to have your child participate in a clinical research study or clinical trial. All clinical research is approved by Boston Children's Institutional Review Board (IRB). Participation in any research study at Boston Children's is always voluntary (optional).

Who works in the Atopic Dermatitis Center?

- A pediatric nurse practitioner and a doctor will see your child.
- The nurse practitioner manages all of your child's care and works closely with the attending doctor.

- You may work with a psychologist or behavior therapist to help you and your child learn ways to cope with itching, scratching and sleep issues and to address your concerns about food allergies.
- A nutritionist may meet with you about your child's diet and food allergies.

How can I prepare for my child's visit?

- Bring your child's:
 - Medical records growth chart and immunization records, if possible
 - All recent allergy blood tests and skin test results
 - All products and medications that you use on your child's skin
 - All medications and spacers that your child uses
 - Name and complete address of your child's primary care provider and anyone else to whom you would like a report sent

Will my insurance cover an Atopic Dermatitis Center Visit?

All insurance companies have different plans and coverage models. We recommend that you call your insurance company for your specific coverage information.

Contact us

To schedule or cancel an appointment, please call 617-355-6117.

This Family Education Sheet is available in Arabic and [Spanish](#).