

Dr. Mahoney's
DRY SKIN CARE RECOMMENDATIONS

BODY SOAP

- Unscented moisturizing soap--Cetaphil, Dove, or Aveeno for people with sensitive skin (not specifically for babies)
- Do NOT use Ivory, Dial, Irish Spring, or Zest or any soap with a smell
- Aveeno Oatmeal bath packets very helpful for itching

LAUNDRY

- Fragrance-free and mild, hypoallergenic or “free”
- Arm and Hammer (least expensive)
- For babies- Dreft or Ivory Snow
- For HE washers- Ecos or Methode
- NO fabric softeners (no Bounce or Downey)

LOTIONS

- No fragrances
- Apply 2-3 times each day (more often is better) even when there is no rash to prevent another flare
- Thick ointments or cream best for really rough, red areas- Aquaphor or Vaseline or Eucerin cream
- Lotions are easiest to apply to whole body- Cetaphil, Aveeno, Lubriderm, Curel

STERIOD CREAMS/OINTMENTS

- Help with itching and redness but have side effects
- Best to use for 1-2 weeks 2 times a day then stop to prevent thinning of skin, light patches etc- do not use for extended periods of time even if Over-the-counter strength.
- Apply underneath moisturizer if using both at same time
- Apply only to irritated, red, itchy areas

ANTI-ITCH

- Benadryl or Atarax by mouth at night to prevent itching
- Keep nails short
- Wear socks over hands if itching is a big problem