



Lip Dermatitis

Very frequently lip dermatitis is caused by contact allergy reaction to products or foods common in our life. We can develop allergy to things that we have been OK with previously. If you are allergic to a product, you only have to touch it once a month to keep the rash active.

The list of common allergens is very long, therefore it is sometime necessary to stop all possible allergens, allow your lips to recover, reintroduce the products back to your life one at a time to determine the cause of allergy.

1. Stop use of all make-up, lip products, toothpaste, mouthwash, flavored dental floss, soap, cleansers, and chewing gum.
2. Use baking soda to brush your teeth.
3. Use Cetaphil cleanser to cleanse your face.
4. Use Vaseline petrolatum for moisturize your lips. Use a Q-tip to apply Vaseline. Do not use your fingertip. Do not use lip balms like Chapstick, lip gloss or lip stick.
5. Use Cetaphil cream for the area around your lips as needed.
6. Eat with a fork or spoon. Do not bite with your lips.
7. Drink with a straw.
8. Use prescribed medication as instructed.
9. When your lips are completely healed, stop the prescribed medications, but continue with the rest of the above instructions for one more week.
10. Slowly re-introduce your daily products, one at a time, giving 5-7 days for each product to prove that it is not causing the problem, then you can try the second product, and so on and so forth.

11. Many people are allergic to toothpaste. If you are having trouble finding one that does not cause lip rash, try baking soda or Tom's of Maine toothpaste.