

ECZEMA and DRY SKIN CARE

Dry skin may itch and increase sensitivity to irritants. It may also lead to skin infection if open wounds are created by scratching.

TREATMENT:

- Bathe only once a day or less. Avoid long, hot showers. The skin dries out later when cooling.
- Use a moisturizing soap such as Cetaphil liquid cleanser , Aquanil, or Dove unscented soap.
Do not use Ivory, Dial, Irish Spring, or Zest.
- Use **FRAGRANCE FREE**, mild laundry detergents such as Arm and Hammer, All liquid, or Cheer Free liquid.
Some people find Tide to be a problem and avoid Tide.
- *Avoid fabric softener sheets* in the dryer.
- *Avoid fragrant products* such as detergent, soap, lotion, or perfume.
- Keep nails trimmed if itching is a problem.

APPLY MOISTURIZERS TO THE BODY ONCE OR TWICE A DAY.

Thick creams are better than thin lotions.

Lotions are better for the face if Acne is a problem.

CONTINUE MOISTURIZERS ONCE OR TWICE DAILY, EVEN AFTER THE RASH HAS CLEARED, IN ORDER TO AVOID A RECURRENCE OF THE RASH.

EXAMPLES OF MOISTURIZERS starting from thick to thin:

Vaseline Petroleum Jelly, Aquaphor, Eucerin Cream

Cetaphil cream, SBR-Lipocream

Lotions: DML Forte, Eucerin, Curel, Replenederm,

Dermasil, Norwegian Formula, Aveeno,

Cetaphil (noncomedogenic)

Aveeno cream and lotion are thin, but may help itching

- Oatmeal baths for 15 minutes daily may relieve some itching.
Aveeno bath packets or one cup dry oatmeal in knee high hose dropped into the bath.
- Lotions which may provide temporary relief from itching. They do not clear the rash:
Eucerin Anti-Itch Lotion (spray), Itch-X spray or gel, Aveeno Anti-Itch Lotion, Sarna lotion
- If steroid ointments or creams are prescribed by your physician, use only on affected skin (rash).
These are usually applied twice daily.
Apply the steroid **BEFORE** the moisturizer if using at the same time.
**STOP USING THE STEROID ONCE THE RASH HAS CLEARED,
BUT CONTINUE THE MOISTURIZER.**
Do not use steroids for extended periods of time unless instructed to do so by your physician.