

Dermatology 408-851-4650
Kaiser Permanente Northern California Region
Santa Clara

Treatment for lip rash

Very frequently lip rash 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 lip to recover, reintroduce the products back to your life one at a time to determine the cause of allergy.

1. Stop all makeups, lip product, toothpaste, soap, cleansers, chewing gum.
2. Use baking soda to brush your teeth.
3. Use cetaphil cleanser to clean 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 balm or lip gloss or lip stick.
5. Use cetaphil cream for your face.
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 medications, but continue with the rest of the above instruction for one more week.
10. Then re-introduce your daily products, one at a time, give 4 -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. A lot of people are allergic to toothpaste. If you are having trouble finding one that does not cause lip rash, try Tom's of Maine toothpaste.