

DRY SKIN ECZEMA PROTOCOL

- Bathe once daily with lukewarm water. Avoid taking hot showers and baths and avoid lathering dry skin areas with soaps on a daily basis.
- Use a sensitive skin cleanser only where needed. Avoid bath gels. Cleansers may be used daily to genital areas, underarms, beneath breasts and feet. To all other areas of the body, cleansers are only necessary a few times a week.
- Do not scrub with a wash cloth; your hands are fine to use with cleanser.
- After bath, pat dry with a towel; do not rub. Within three minutes after drying off, apply prescription cream/ointment to any areas of rash present. Then cover entire body with moisturizing **cream**, not lotion.
- Use fragrance free laundry detergent (ALL free and clea). Eliminate use of dryer sheets and fabric softeners unless fragrance-free. Avoid perfumes and fragrance body sprays or colognes.
- Moisturize skin daily, immediately after bath or shower.

RECOMMEND PRODUCTS

Cleansers:

- Dove Unscented
- Vanicream Z Bar
- CeraVe Hydrating Cleanser

Moisturizers:

- CeraVe Cream
- Vanicream
- Cetaphil Cream

Hand Treatments:

- CeraVe hand Cream
- Cotton Gloves

Lip Treatments:

- Dr. Dan's Cortibalm
- Vaniply Lip Balm
- Elta Lip Balm – SPF 31

For extremely dry skin use: petrolatum, Aquaphor, Criso, cooking oil, Albolene, or Elta.

For moderatley dry skin use: Cetaphil cream or lotion, DML, Vanicream, Nivea, or CeraVe.

These may be reapplied several times daily to keep skin moist.

