

Gentle Skin Care Tips

1. Bathing:

- Decrease exposure to water with fewer, shorter, and warm baths or showers. Avoid very hot water.
- After bathing, pat dry-do not rub because this may increase itch. Do not exfoliate.
- Apply moisturizer immediately after shower or bath while skin is moist, to lock-in the moisture

2. Clothing:

- Cotton and silk clothing are less irritating than wool

3. Irritants:

- Try not to scratch skin, this will worsen itch
- Avoid toners, scrubs, witch hazel, exfoliants, and topical retinols in affected areas
- Avoid fragrances and products with dyes

4. Soaps:

- Avoid antibacterial & harsh soaps like Lever 2000, Ivory, Irish Spring, Dial, etc
- Avoid makeup remover wipes
- Recommended facial cleansers: CeraVe hydrating cleanser, Revision gentle cleansing lotion, Caudalie gentle cleansing milk, Vanicream, Cetaphil gentle cleanser
- Recommended body soaps: Cetaphil, Aveeno, Dove, CeraVe, Vanicream

5. Moisturizers:

- Should be applied *multiple times a day*
- Avoid soaps & moisturizers with fragrance or dyes. Avoid coconut cream and oils, they can cause allergic reactions with prolonged usage on irritated skin.
- Recommended Creams: CeraVe, Aveeno
- Recommended Emollients: Aquaphor, Vaseline

6. Sunscreens:

- Use mineral based SPF (zinc and/or titanium)
- Avoid chemical sunscreens and spray sunscreens which contain alcohol

7. Other:

- Clothing detergents: All Free & Clear, Tide Clear
- Avoid: dryer sheets

8. Medications:

- Topical steroids should be used where and when active rash is present and for a shorter length of time (generally 2 weeks for stronger steroids).
- Elidel (pimecrolimus) and Protopic (tacrolimus) may cause mild tingling at first. This is normal and will resolve with continued usage.