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CARE OF DRY SKIN AND ATOPIC DERMATITIS

Dry and atopic skin requires regular daily care. Treatment includes:

BATHING:

A daily bath or shower in lukewarm water for no more than 10 minutes will help to hydrate the skin. Use a mild cleanser such as unscented Dove bar or body wash, Cetaphil bar or liquid (can find generic Equate brand at Wal-Mart), Eucerin Gentle Hydrating Cleanser, Oil of Olay Complete unscented body wash, or Aveeno non-soap cleanser. Be gentle- no need to scrub!

LUBRICATING:

After the bath or shower, pat skin partly dry with a towel. Within 3 minutes, apply a thick *cream* such as Cetaphil, Curel Extreme Care, Creamy Vaseline, or Lubrex. Use moisturizers at least twice daily or more frequently throughout the day, especially during the winter. Ointments such as Aquaphor or Vaseline petroleum jelly are excellent moisturizers as well. * For infants, applying moisturizers all over the body with every diaper change is appropriate.

**If prescription ointments or creams need to be applied, apply them first and to the affected areas only, and then apply the moisturizer all over.

LAUNDRY:

The use of liquid hypoallergenic laundry detergents (no color, no fragrance) is recommended such as Cheer-Free, Tide-Free, All Free and Clear-look for the white bottle.

GENERAL GUIDELINES:

Avoid wearing tight or irritating clothing, especially wool. All cotton clothing is helpful. Keep fingernails cut short to reduce scratching. A humidifier may be used in the winter, but clean it once a week to reduce the spread of molds.

For further information, feel free to contact us at 689-8139.