

Suggestions for Mild Skin Care

Bathing

Use a mild cleanser, such as Dove Unscented, Cetaphil, CeraVe, or Aveeno. Avoid harsh deodorant or perfume products like Ivory, Dial, or Irish Springs. Take short showers or baths with warm water; not hot water. Bathe only once a day – every other day in winter, if you can. Avoid bubble baths.

Moisturizers

Use multiple times each day – whenever skin dries out. The ideal time to apply moisturizer is after bathing while the skin is still damp. A splash of water before each application is a good idea. There are many good brands of moisturizers available over the counter such as Eucerin Plus, Cetaphil Cream, CeraVe Cream, and Vanicream. Avoid store brands. Always apply moisturizer after medicated creams.

Clothes

Use 100% cotton as much as possible next to the skin. Wear cotton undershirts below synthetics. Avoid wool sweaters, use cotton and/or acrylic instead. Wash clothes with fragrance free detergent All Free, Sensi-Clean, Cheer-Free, or Ivory Snow. Do not use softener sheets in the dryer or softener in the washer. Always wash new clothes before wearing.

Climate

Your skin does better in the summer when there is plenty of moisture in the air and worse in the winter when the air is drier. Excessive sweating may aggravate your skin. Windy days will also dry your skin more. Combat winter dryness with a humidifier in your bedroom (humidifiers in the heating system are usually insufficient) and plenty of moisturizer.

Chemicals

Be careful about exposing your skin to harsh chemicals during your job, housework, auto work and hobbies. Gas, kerosene, paint, solvents, detergents, etc. can all flare your skin disease. Use protective gloves and clothes.

Medicine

Steroid creams reduce skin inflammation. Hydrocortisone 1% cream is available without a prescription. You may apply twice a day *before* a moisturizer. Prescription creams can be more effective if needed. Antihistamines such as Benadryl are available over the counter and can help take the edge off the itch. Some of these can make you drowsy. Use as directed and avoid mixing with alcohol.