



GENTLE SKIN CARE

Too much bathing, hot water and soap will remove the natural oils from your skin and make itchy skin rashes worse. Therefore, we recommend the following:

Bathing

- Take only one bath or shower a day
- Use lukewarm water
- Never use a wash cloth
- Do not use any soap or cleanser except in the armpits, groin and feet; it is important to rinse these areas thoroughly to remove all traces of soap
- If you take a bath, do not add anything to the water unless advised by your doctor. Also, shampoo your hair at the end of the bath so you are not sitting in soapy water.

After Bathing

- Wrap yourself in a towel or pat your skin softly with a towel; do not rub dry
 - While your skin is damp, apply any medicine creams or ointments to the rash areas as prescribed by your doctor
 - Then, while your skin is still damp, apply a moisturizer to the rest of your body. Your doctor will recommend several acceptable moisturizers that you can get at the store, such as:
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Additional Suggestions

- Avoid hot tubs and Jacuzzi's! The hot, chlorinated water will strip every bit of natural protective oils from your skin
- Avoid wool or synthetic clothing if the fabric irritates your skin
- Use a hypoallergenic laundry detergent, such as Tide-Free, Cheer-Free, Ivory Snow or Dreft
- Do not use fabric softeners