



ECZEMA/DRY ITCHY SKIN CARE INSTRUCTIONS

Glands in our skin deposit oil onto the skin surface that helps to keep the skin hydrated and moist. As we age, the number of oil glands decreases and makes our skin more susceptible to becoming dry. Excessive bathing and scrubbing can also strip the needed oil from your skin, which also leads to dryness. Some rashes are due to dry skin and many rashes are aggravated by dry skin. Thus, keeping your skin hydrated is essential to treating and preventing many rashes. Small changes in how you cleanse your skin can improve your symptoms.

SUGGESTED DAILY ROUTINE:

- 1) Short lukewarm showers once a day.
Avoid hot water! Use lukewarm water when showering.
Keep showers under 10 minutes.
Avoid bathing more than once a day.
Avoid scrubbing your skin with a wash rag or loofah.
- 2) Use a gentle, fragrance free cleanser.
Recommended products include:
 - Obagi gentle cleanser
 - Dove for sensitive skin soap
 - Cetaphil or CeraVe hydrating cleanserAvoid Ivory, Irish Spring, Dial and deodorant soaps, which tend to be drying.
- 3) Gently pat dry, leaving a bit of moisture. Do not rub the skin roughly with a towel, as this can be abrasive.
- 4) Apply moisturizing CREAM immediately after.
You want to “lock in” the moisture into the skin with the cream.
Moisturizing CREAMS work better than LOTIONS.
Creams usually come in jars or tubes, while lotions come in pumps.
Recommended products include:
 - CeraVe cream
 - Eucerin cream
 - Aveeno eczema cream
 - Aquaphor
 - Vaseline petroleum jelly
- 5) **DO NOT SCRATCH!**
Keep your nails short to prevent scratch marks and infection.
Scratching often makes the sensation of itch worse and can lead to a vicious cycle.
You may try Sarna lotion or Eucerin calming creme, which may further help with itching symptoms.
Placing the cream in fridge prior to using can provide an additional cooling effect.
- 6) Switch to a fragrance free detergent such as All Free and Clear. Avoid fabric softeners and dryer sheets. Avoid all fragranced products, including perfumes.
- 7) Use a humidifier.

DURING FLARES:

- 1) Apply your prescription steroid twice daily to affected areas, especially after bathing. Then apply moisturizing cream as above.
- 2) Over-the-counter antihistamines may help: AM- Allegra or Zyrtec, PM – Benadryl. Be sure to take 2 hours before bedtime to prevent nighttime scratching and to avoid excessive drowsiness in the morning.

HAND ECZEMA:

- 1) Minimize hand washing and avoid harsh soaps.
- 2) Apply moisturizing cream after EVERY hand washing. Keep one near your sink and a travel-size jar in your bag.
- 3) Wear gloves when washing dishes, gardening, etc.